

STAMMERING

ITS CAUSE AND CORRECTION



BENJAMIN N. BOGUE

STAMMERING

ITS CAUSE AND CORRECTION

by

BENJAMIN N. BOGUE

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TO MY MOTHER

That wonderful woman whose unflagging courage held me to a task that I never could have completed alone and who when all others failed, stood by me, encouraged me and pointed out the heights where lay success—this volume is dedicated.

CONTENTS

Preface	ix
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PART I—MY LIFE AS A STAMMERER

I. Starting Life under a Handicap	1
II. My First Attempts to Find Relief	5
III. My Search Continues	12
IV. A Stammerer Hunts a Job	20
V. Further Attempts to Be Free	24
VI. Failures Finally Point the Way	32
VII. Starting Where the Others Stopped	37

PART II—STAMMERING AND STUTTERING

Characteristics and Causes

I. Definitions and Characteristics	42
II. Causes of Stammering and Stuttering	58
III. Peculiarities of Stammering and Stuttering	80
IV. Stammering Seldom Outgrown	100
V. The Progressive Tendency	113
VI. He Waited Too Long	118

PART III—EFFECTS UPON THE INDIVIDUAL

I. General Observations	123
II. Effect on the Body	131
III. Effect on the Mind	134
IV. Effect on the Will	137
V. Effect on the Nervous System	140

CONTENTS

VI.	Effect on Intelligence	147
VII.	Effect on Personality	156
VIII.	What Chance Has a Stammerer?	158
IX.	A Heart to Heart Talk with Parents	165

PART IV—CASE HISTORIES OF STAMMERING AND STUTTERING

I.	Basis of Study and Observation	169
II.	Details of 25 Case Histories	171

PART V—THE CORRECTION OF STAMMERING AND STUTTERING

I.	Normal Speech Can Be Restored	206
II.	Who Can, and Who Can't, Regain Normal Speech	211
III.	How to Know if You Can Regain Normal Speech	222
IV.	Importance of an Authoritative Diagnosis	225
V.	Essential Factors in Regaining Normal Speech	230
VI.	The Bogue Unit Method in Restoring Normal Speech	239
VII.	Normal Speech Cannot Be Established by Mail	254
VIII.	Co-operation of the Stammerer a Necessity	259
IX.	Results—Lasting and Permanent	262
X.	The Benefits of Normal Speech	267
XI.	Normal Speech Is a Priceless Gift	277
XII.	The Joy and Profit of Normal Speech	280

PREFACE

The author of this book has, for 38 years, been engaged in restoring stammerers and stutterers to normal speech. During these many busy and happy years, I have worked with and have been in contact with thousands of speech afflicted persons.

Among these thousands of cases I have found that, provided there is no physical defect of the speaking organs, any stammerer or stutterer eight years of age or older, and of normal intelligence, can be freed from stammering or stuttering, by following proved, established methods.

Of course, I cannot perform miracles. Whoever takes up this book with the expectation that a stammerer or stutterer, by reading it, can be restored effortlessly to normal speech in an hour or so, by any "short-cut" method, will be disappointed. The methods as discussed in this volume rest entirely upon a sound, logical and scientific basis. Only by such methods can normal speech be restored to a stammerer.

But for the stammerer or stutterer, who has no physical defect of the speaking organs, and who

PREFACE

possesses average intelligence, and who wishes to regain normal speech, this book will point the way. For, without a single exception, there is definite assurance of complete recovery, provided such a stammerer is willing to follow the easy instruction necessary to bring about normal speech.

The stammerer must be taught how to talk. His speech must be again built up, on a scientific and educational basis involving the physiological, psychological and phonological laws which underlie the art of speaking.

Many years ago when I, as a boy, stammered dreadfully, there was no one to tell me the facts and the truth about stammering. I wasted nearly twenty years of my life, before I learned, through my own efforts, the facts which freed me from stammering—the very facts I now discuss in this volume.

Almost half a century has elapsed since I purchased my first book on stammering. I still have that quaint little book made up in its typically English style with small pages, small type and yellow paper back—the work of an English author whose obtuse and ill-founded theories certainly lent no clarity to the stammerer's understanding of his trouble.

PREFACE

Since that first purchase, my library of books on stammering and associated speech disorders has grown until it is perhaps the largest individual collection *in the world*. I have read these books—many of them several times, pondered over the obscurities in some, smiled at the absurdities in others and benefited by the truths in a few. Yet, with all their profound explanations of theories and their verbose defense of hopelessly unscientific methods, the stammerer would be disappointed indeed, should he attempt to find in the entire collection a practical and understandable treatise on the subject of stammering.

This insufficiency of existing books on stammering has encouraged me to produce the present volume. It is needed. I know this—because I spent almost twenty years of my life in search of the facts and truths which I am glad to give you herewith. I haunted the libraries, was a familiar figure in book stores and a frequent visitor to the secondhand book dealer. Yet, these efforts brought me comparatively little—not one-tenth the information that this book contains.

Thus my own experience as a stammerer and my long teaching experience subsequently, enable me to base this book on knowledge that is intensely

PREFACE

practical, strictly authoritative and of priceless value in showing others, afflicted as I was, the way to normal speech. I know and understand the stammerer, his feelings, his mental processes and his peculiarities—because I myself stammered. Therefore, I know.

These are my qualifications.

I have spent a lifetime in studying stammering, stuttering, and kindred speech disorders. I have written this book out of the fullness of that experience—I might almost say out of my daily work. The information it contains is definite and positive—and what is more important—it is authoritative.

I hope the reader will find in it the way to Freedom of Speech—his birthright and the birthright of every person—be that person man, woman or child.

BENJAMIN N. BOGUE

Indianapolis
July, 1939

STAMMERING

ITS CAUSE AND CORRECTION

Part One

MY LIFE AS A STAMMERER

CHAPTER I

STARTING LIFE UNDER A HANDICAP

I was laughed at for nearly twenty years because I stammered. I found school a burden, college a practical impossibility and life a misery because of my affliction.

I was born in Wabash County, Indiana, and as far back as I can remember, there was never a time, until I was nearly 20 years of age, when I did not stammer or stutter. So far as I know, my halting utterance came at a very early age and for

STAMMERING

almost twenty years this difficulty continued to dog me relentlessly.

When six years of age, I went to the little school house down the road, little realizing the sad experiences I was to encounter there.

Before I entered school, those around me were my family, my relatives and my friends—people who were very kind and considerate, who never spoke of my difficulty in my presence, and certainly never laughed at me.

At school, it was quite another matter. It was fun for the other boys to hear me speak and it was common pastime with them to get me to “talk” whenever possible. They would jibe and jeer—and then ask, “What did you say? Why don’t you learn to talk English?” Their best entertainment was to tease and mock me until I became angry, taunt me when I did, and ridicule me at every turn.

It was not only in the school yard and going to and from school that I suffered—but also in class. When I got up to recite, what a spectacle I made, hesitating over every other word, stumbling along, gasping for breath, waiting for speech to return to me. And how they laughed at me! True, my teachers tried to be kind to me, but that did not

ITS CAUSE AND CORRECTION

solve the problem, nor did it prevent the others from laughing at me.

The reader can imagine my state of mind during these school days. I fairly hated even to start to school in the morning—not because I disliked to go to school, but because I was sure to meet some of my taunting comrades, sure to be humiliated and laughed at because I stammered. And when I reached the school room I had to face the prospect of failing every time I stood up on my feet and tried to recite. There were four things I dreaded each morning—the inevitable contacts with my schoolmates before school “took up,” the recitations in class, recess in the school yard, and again the meetings outside the class room, when the school day was at end.

It makes me shudder even now to think of those days—the dread with which I left that home of mine every school day morning, the nervous strain, the torment and torture, and the constant fear of failure and humiliation, which never left me. Imagine my thoughts as I left parents and friends to face the ribald laughter of those who did not understand. I asked myself: “Well, what new disgrace today? Whom will I meet this morning? What will the teacher say when I stumble? How

STAMMERING

shall I get through recess? Which is the easiest way home?"

These and a hundred other questions, born of nervousness and fear, I asked myself morning after morning. And day after day, as the hours dragged by, I would wonder, "Will this day never end? Will I never get out of this?"

Such was my life in school. And such is the daily life of thousands of boys and hundreds of girls—a life of dread, of constant fear, of endless worry and humiliation, and unceasing nervousness.

But, as I look back at the boys and girls who helped to make life miserable for me in school, I feel for them only kindness. I bear no malice. They little realized what they were doing. They had no intention to do me personal injury, though there is no question in my mind but that they made my trouble worse. They did not know how terribly they were punishing me. They saw in my affliction only fun, while I saw in it—only misery.

CHAPTER II

MY FIRST ATTEMPTS TO FIND RELIEF

I can remember very clearly the positive fear which always accompanied a visit to our friends or neighbors, or their visits to our home. When dining, many a time I did not have what I desired to eat because I was afraid to ask for it. When I did ask, every eye was turned on me, and the looks of the strangers, with now and then a half-suppressed smile, worked me up to a nervous state that was almost hysterical, causing me to stutter worse than at any other time.

At one time—I do not remember what the occasion was—a number of people had come to visit us. A large table had been set and loaded with good things. We sat down, the many dishes were passed around the table, as was the custom at our home, and I said not a word. But before long the first helping was gone—a hungry boy soon cleans his plate—and I was about to say: “Please pass—” I could never do it—“p” was one of the hard sounds for me. “Please pass—” No, I couldn’t do

STAMMERING

it. So busying myself with the things that were near at hand and helping myself to those things which came my way, I made out the meal—but I got up from the table hungry and with a deeper consciousness of the awfulness of my affliction. Slowly it began to dawn on me that as long as I stammered I was doomed to failure and unhappiness.

Life went along fairly well, as long as I was at home only with members of my own family. They understood my difficulty, they sympathized with me, and they looked upon my trouble in very much the same light as I did myself—as an affliction much to be regretted. At home I was not required to do anything which would embarrass me or cause me to become highly excited, but on the other hand I was permitted to do things which I could do well, but which did not require me to talk.

As I grew older I realized that the time would come when it would be “Sink or Swim” for me, since a sense of duty, if nothing else, would send me out to make my own way. This time comes to all boys. It would be my task to face the world—to make a living for myself. And this was a thing which, strangely enough for a boy, I began to think

ITS CAUSE AND CORRECTION

about at an early age. I had a chance for some experience in meeting people and in trying to transact some of the minor business connected with our farm and I found out that I had little chance in business as long as I stammered.

And yet it seemed as if I were to be compelled to stammer the rest of my life, for my condition was gradually getting worse. This was very clear to me—and very plain to my parents. They were anxious to do something for me and do it quickly, so they consulted a skilled physician. They told him about my trouble. He examined me, decided that my stuttering was caused by nervousness, and gave me some very distasteful medicine, which I was compelled to take three times a day. This medicine did me no good. I took it for five years, but there was no relief from my stammering.

The reason was simple. Stammering and stuttering cannot be relieved by medicine.

The physician was using the wrong method. He was treating the effect and not the cause. He thought that nervousness caused my stuttering, whereas the fact of the matter was, it was my stuttering that caused the nervousness.

I do not blame this physician in the least because of his failure, for he was not an expert on

STAMMERING

the subject of speech defects. While he was a medical man of known ability, he had not made a study of speech disorders and knew practically nothing about either the cause or correction of stammering or stuttering.

Some time later, after the physician had failed to benefit me, a traveling medicine man came to our community, set up his tent, and stayed for a week. Of course, like all traveling medicine men, his remedies were cure-alls. One night in making his talk before the crowd, he mentioned the fact that his wonderful concoction, used as directed in the pamphlet he would furnish, both for the sum of one dollar, would "cure" stammering. I didn't have the dollar, so I did not buy. But the next day I went back, having obtained the necessary dollar. He got my dollar, and I still have the book. Of course, I received no benefit whatever.

These experiences, however, were valuable to me, for they taught me a badly-needed lesson, to wit: That drugs and medicines bring no relief from stammering.

Many of the people who came in contact with me, and those who talked the matter over with my parents, said that I would outgrow the trouble. "All that is necessary," remarked one man, "is for

ITS CAUSE AND CORRECTION

him to forget that he stammers, and the trouble will be gone."

This was a rather foolish suggestion and simply proved how little the man knew about stammering. In the first place, a stammerer cannot forget his difficulty. You might as well say to a man holding a hot poker, "If you will only forget that the poker is hot, it will be cool." It takes something more than forgetfulness to put an end to stammering.

The idea that I would finally outgrow my difficulty was strengthened in the minds of my parents and friends by the fact that there were times when my impediment seemed almost to disappear, but to our surprise and disappointment, it always came back again, each time in a more aggravated form; each time with a stronger hold upon me than ever before.

The belief held by both my parents and myself that I would outgrow my difficulty was one of the gravest mistakes we ever made. Had I persisted in this belief, eventually my case would have become hopeless—entirely beyond relief.

Today, as a result of 38 years' daily contact with stammerers, I know that stammering cannot be "outgrown." The man who suggests that stam-

STAMMERING

mering will correct itself in time, is doing a great injustice to the stammerer. He is giving him a false hope—in fact the most futile hope that any stammerer ever had. I wish I could paint in the sky, in letters of fire, the truth that “Stammering cannot be ‘outgrown’,” because this, of all things, is the most frequent pitfall of the stammerer, his greatest delusion, and, therefore, the thing above all that stands between him and normal speech. I know whereof I speak, because I experienced the delusion myself.

At one time, my father offered me a shotgun if I would stop stammering. My mother offered me money, a watch and a horse and buggy. These inducements made me strain every nerve to stop my imperfect utterance, but all to no avail. At that time I knew nothing of the underlying principles of speech and any effort which I made to stop my stammering was merely a crude, misdirected attempt which naturally had no chance of success.

I learned that “prizes” will never bring normal speech. I found out, too, something I have never since forgotten: That the man, woman or child who stammers needs no inducement of this character. Freedom from stammering is, in itself, more

ITS CAUSE AND CORRECTION

of an inducement to the stammerer than all the money you could offer him. *I have never yet seen a man, woman or child who wanted to stammer or stutter.*

The offer of prizes having failed, I took long trips to get my mind off the affliction. I did everything in my power, worked almost day and night, exerted every effort I could command—it was all in vain.

I learned eventually one of the fundamental characteristics of stammering—its intermittent tendency. In other words, I discovered that a recurring, though only partial, relief from the difficulty was one of the basic characteristics of the malady. And I learned further that this relief is only temporary and not what we first thought it to be, viz.: a sign that the disorder was leaving.

CHAPTER III

MY SEARCH CONTINUES

My parents' efforts to aid me, however, did not cease with my visit to the medicine man. We were still looking for something that would bring relief. One day, my teacher, Miss Cora Critchlow, handed me an advertisement, telling me of a man who claimed to be able to "cure" stammering by mail. In the hope that I would get some good from the treatment, my parents sent this mail order man a sum of money. In return for this I was furnished with instructions to do a number of useless things, such as holding toothpicks between my teeth, talking through my nose, whistling before I spoke a word, and many other foolish things. It was at this time that I learned once and for all, the imprudence of throwing away money on these mail order "cures," so-called, and I made up my mind to bother no more with this man and his kind.

So far as the mail order instructions were concerned, they were crude and unscientific—merely a hodge-podge of pseudo-technical phraseology

ITS CAUSE AND CORRECTION

and crass ignorance—a meaningless jargon scarcely intelligible, and practically impossible of interpretation. Even after I had, by persistent effort, interpreted their suggestions and followed them closely for many months, there was not a sign of the slightest relief from my trouble.

Today, after 38 years of experience with stammering and stammerers, I can say with full conviction, that stammering cannot be successfully corrected by mail. The very nature of the difficulty, as well as the required method of treatment, make it impossible to put instructions into print so as to be of benefit to an uninstructed stammerer.

As I approached manhood, my speech difficulty began to get worse. My stuttering changed to stammering. Instead of rapidly repeating syllables or words, I was unable to begin a word. I stood transfixed, my limbs drawing themselves into all kinds of unnatural positions. There were violent spasmodic movements of the head, and contractions of my whole body. The muscles of my throat would swell, affecting the respiratory organs, and causing a curious barking sound. When I finally got a word started, I would utter the first part of the sentence slowly, gradually increase the speed, and make a rush toward the end.

STAMMERING

At other times, when attempting to speak, my lips would pucker up, firmly set together, and I would be unable to separate them, until my breath was exhausted. Then I would gasp for more breath, struggling with the words I desired to speak, until the veins of my forehead would swell, my face would become red, and wholly unable to express myself, I was obliged to resort to writing.

These paroxysms left me extremely nervous and in a seriously weakened condition. After one of these attacks, the cold perspiration would break out on my forehead in great beads.

As time went on, my affliction was taking all my energy, sapping my strength, deadening my mental faculties, and placing me at a hopeless disadvantage in every way. I could do nothing that other people did. I appeared unnatural. I was nervous, irritable, despondent. This despondency now brought about a peculiar condition. I began to believe that everyone was more or less an enemy of mine. And still worse, I came to believe that I was an enemy of myself, which feeling threw me into despair, the depths of which I do not wish to recall, even now.

I was not only miserably unhappy myself, I

ITS CAUSE AND CORRECTION

made everyone else around me unhappy, although I did it, not intentionally, but because my affliction had caused me to lose control of myself.

In this condition, my nerves were strained to the breaking point all day long, and many a night I can remember crying myself to sleep—crying purely to relieve that stored-up nervous tension, and finally falling off to sleep as a result of exhaustion.

As I said before, there were periods of grace when the trouble seemed almost to vanish and I would be delighted to believe that perhaps it was gone forever—happy hope! But the affliction always returned, as every stammerer knows—returned worse than before. All the hopes that I would outgrow my trouble, were found to be false hopes. For me, there was no such thing as outgrowing it and I have since discovered that *after the age of six only one-fifth of one per cent of those afflicted ever outgrow their trouble.*

Another thing which I always thought peculiar when I was a stammerer was the fact that I had practically no difficulty in talking to animals when I was alone with them. I remember very well that we had a large bulldog called Jim. I was fond of Jim. I used to believe that Jim understood my

STAMMERING

troubles better than any friend I had, unless it was Old Sol, our family driving horse.

Jim used to go with me on all my jaunts—I could talk to him by the hour and never stammer a word. And Old Sol—well, when everything seemed to be going against me, I used to go out and talk things over with Old Sol. Somehow he seemed to understand—he used to whinny softly and rub his nose against my shoulder as if to say, “I understand, Bennie, I understand!”

Somehow my father had discovered this peculiarity of my affliction—that is, my ability to talk to animals or when alone. Something suggested to him that my stammering could be relieved if I could be kept by myself for several weeks. With this thought in mind, he suggested that I go on a hunting and fishing trip in the wilds of the northwest, taking no guide, no companion of any sort, so that there would be no necessity of my speaking to any human being while I was gone.

My father’s idea was that if my vocal organs had a complete rest, I would be restored to perfect speech. As I afterwards proved to my own satisfaction by actual trial, this idea was entirely wrong. You cannot hope to restore the proper action of your vocal organs by ceasing to use them.

ITS CAUSE AND CORRECTION

The proper functioning of any bodily organ is the result, not of ceasing to use it at all, but rather of using it normally.

This can be very easily proved to the satisfaction of any one. Take the case of the small boy who boasts of his muscle. He is conscious of an increasing strength in the muscles of his arm not because he has failed to use these muscles but because he has used them persistently and continually, causing a faster-than-ordinary development.

You can readily imagine that I looked forward to my "vacation" with keen anticipation, for I had never been up in the northwest and I was full of stories I had read and ideas I had formed of its wonders.

The trip, lasting two weeks, did me scarcely any good at all. The most I can say for it is that it put me in somewhat better physical condition, which a couple of weeks in the outdoor country probably would do for any growing boy.

But this trip did not end my stammering, nor did it tend to lessen the intensity of the trouble in the least. After 38 years' experience, I know that it would be just as sensible to say that a wagon stuck in the soft mud would get out by

STAMMERING

“resting” there as it is to say that stammering can be eradicated by allowing the vocal organs to rest through disuse.

Shortly after my return from the trip to the northwest, my father died, with the result that our household was, for a time, very much broken up. For a while, at least, my stammering, though not forgotten, did not receive a great deal of attention, for there were many other things to think about.

The summer following my father's death, however, I began again my search for relief, this time placing myself under the care and instruction of a man claiming to be “The World's Greatest Specialist in the Cure of Stammering,” in another city. He may have been the world's greatest specialist, but not in the “cure” of stammering. He did succeed, however, by the use of his absurd methods, in putting me through a course that resulted in irritating the membrane of my throat and vocal organs to such an extent that I was compelled to undergo treatment for a throat affection that threatened to be as serious as the stammering itself.

I tried everything that came to my attention—first one thing and then another—but without results. Still I refused to be discouraged. I kept on

ITS CAUSE AND CORRECTION

and on, my mother constantly encouraging and reassuring me.

There are always those who stand idly about and say, "It can't be done!" Such people laughed at Fulton with his steamboat, they laughed at Stephenson and his steam locomotive, they laughed at Wright and the airplane.

They say, "It can't be done"—but it is done, nevertheless.

I turned a deaf ear to those who tried to convince me that it couldn't be done. I had a firm belief in that old adage, "Where there is a will there is a way," and I made another of my own, which said, "I will *find* a way or *make* one!"

And I did.

CHAPTER IV

A STAMMERER HUNTS A JOB

After recovering from my sad experiment with the "World's Greatest Specialist," I dreaded going back home. I had no desire to be the object of laughter as well as pity. So I tried to get a job in that same city. I went from office to office—but nobody had a job for a man who stammered.

Finally I did land a job, however, such as it was. My duties were to operate the elevator in a hotel. How I managed to get that job, I often wonder now, for nobody on whom I called had any regard for a boy or man who stammered. I thought it would be easy to find a job where I wouldn't need to talk, but when I started out to look for this job, I found it wasn't so easy after all. Almost any job requires a man who can talk. But somehow or other, I managed to get that job as elevator boy in a hotel.

For the work as elevator boy I was paid three dollars a week. Wasn't that great pay? But that's what I got!

ITS CAUSE AND CORRECTION

That is, I got it for a little while, until I lost my job. It didn't last long. I found out that I couldn't do much with even an elevator boy's job at three dollars a week unless I could talk. My employer found it out, too, and then he found somebody who could take my place—a boy who could answer when spoken to.

Well, here I was out of a job again. I am afraid I came pretty near being discouraged about that time. Things looked rather hopeless for me—it was mighty hard work to get a job and the job didn't last long after I got it.

But, nevertheless, the only thing to do was to try again. I started the search all over again. I tried first one place and then another. One man wanted me to start out as a salesman. He showed me how I could make more money than I had ever made in my life—convinced me that I could make it. Then I started to tell my part of the story—but I didn't get very far before he discovered that I was a stammerer. That was enough for him—with a gesture of hopelessness, he turned to his desk. "You'll never do, young man, you'll never do. You can't even talk!" And the worst of it was that he was right.

I once thought I had landed a job as stock

STAMMERING

chaser in a factory, but here, too, stammering barred the way, for they told me that even the stock chaser had to be able to deliver verbal messages from one foreman to another. I didn't dare to try that.

Eventually, I drifted around to the Union News Company. They wanted a boy to sell newspapers on trains running out over the Grand Trunk Railway. I took the job—the last job in the world I should have expected to hold, because, above all, a railway newsboy must have a voice and the ability to talk.

I hope no stammerer ever has a position that causes him as much humiliation and suffering as that job caused me. You can imagine what it meant to me to go up and down the aisles of the train, calling papers and every few moments finding that I couldn't say what I started to say, and then go gasping and grunting down the aisle making all sorts of grimaces.

How the passengers laughed at me! And how they made fun of me and asked me all sorts of questions just to hear me try to talk. It almost made me wish I would never see a human being again, so keen was my suffering and so tense were my nerves as a result of this situation.

ITS CAUSE AND CORRECTION

I don't believe I ever did anything that kept me in a more frenzied mental state than this work of trying to sell newspapers—and it wasn't very long (as I had expected) until the manager gently let me out.

Then I gave up, all at once. Was I discouraged? Well, perhaps. But not entirely discouraged. Rather I saw the plain hopelessness of trying to get or hold a job in my condition. So I prepared to go home. I didn't want to do it, because I knew the neighbors and friends would be ready for me with, "I told you so" and "I knew it couldn't be done."

But I gave up, nevertheless, deeply disappointed to think that once again I had failed, yet all the while resolving just as firmly as ever that I would try again and that I would not give up hope as long as there remained anything else to try.

And this rule I followed out, month after month and year after year, until in the end I was richly rewarded for my patience and persistence.

CHAPTER V

FURTHER ATTEMPTS TO BE FREE

The next summer I decided to visit eastern institutions which were supposed to aid stammerers—and determine if these could do any more for me than had already been done—which, as the reader has seen, was practically nothing. I bought a ticket for Philadelphia, where I remained for some time, and where, at least, I gained more information of value than in all of my previous efforts combined.

I found in the Quaker City an old man who had made speech defects almost a life study. He knew more about the true principles of speech and the underlying fundamentals in the production of voice than all of the rest put together. He taught me these things, and gave me a solid foundation on which to build. True, he did not end my stammering. But that was not because he failed to understand its cause, but merely because he had not perfected the correct method of removing the cause.

ITS CAUSE AND CORRECTION

It was this man who first brought home to me the fact that principles of speech are constant, that they never change and that every person who talks normally follows the same principles of speech, while every person who stutters or stammers violates these principles of speech. I am glad to acknowledge my indebtedness to this sincere old gentleman who did so much for me in the way of knowledge, even though he did but little for me in the way of immediate results.

After leaving Philadelphia, I visited many other eastern cities, searching for relief, but did not find it. These experiences, however, all possessed a certain value, although I did not know it at the time. They taught me the things which would *not* help and by a simple process of elimination I later found the things which would.

Finally, however, having become disgusted with my eastern trip, I bought a ticket for home and boarded the train more nearly convinced than ever that I was doomed, forever, to stammer.

Some time after trying my experiment with the eastern schools, I saw the advertisement of a "professor" in Chicago saying that for one week he would be at Fort Wayne, Indiana, which was 40 miles from my home.

STAMMERING

He was there. So was I. But to my sorrow. I paid his fee for which he gave me a few simple breathing and vocal exercises, most of which I already knew by heart, having been drilled in them time and again. He treated the effects of my trouble and did not attempt to remove the cause. The fact of the matter is, I doubt whether he knew anything about the cause.

Then one Sunday while reading a Cincinnati Sunday newspaper, I ran across an advertisement of a School of Elocution, in which was the statement, "Stammering Positively Cured!" Whenever I saw a sign referring to vocal culture I became interested, so I clipped the advertisement, corresponded with the school and not many Sundays later, being able to secure excursion rates to Cincinnati, I made the trip and prepared to begin my work.

The cost of the course was, I thought, very reasonable if I succeeded. So I gave this school a trial again with the hope of going back home in a short time with my trouble eradicated—to the surprise of my family and friends. But again I was doomed to disappointment. I took the twenty lessons, but went home stammering as badly as ever. You can imagine how I felt as the Big Four train

ITS CAUSE AND CORRECTION

whistled at the Wabash river just before pulling into the Wabash station, where I was to get off.

Here was another failure that could be checked up against the instructor who knew nothing whatever about the cause of stammering. The whole idea of the course was to cultivate voice and make me an orator. That was very fine and would, no doubt, have done me a great deal of good, but it was of no use to try to cultivate a fine voice until, first, I could use that voice in the normal way. The finest voice in the world is useless if you stammer.

By this time, my effort to be relieved of stammering had become a habit, just as eating and sleeping are habits. I was determined to find relief. I resolved again that I would not give up.

My next experiment was with a man who claimed he could end my stammering in one hour. Think of it! Of course, I did not believe he could do it. I *could* not believe it. It was not believable. But nevertheless, I had resolved to leave nothing untried. I made up my mind that the only way to be sure that I was not missing the one successful method was to try them all.

So I put myself in this man's hands. He was a hypnotist. He felt able to restore speech with a

STAMMERING

hypnotic sleep and the proper hypnotic suggestion while I was in the trance. But he failed.

Hypnotism may be said to be a condition where the will of the subject is entirely dormant and his every act and thought controlled by the mind of the hypnotist. I do not know, not having been conscious at the time, but it is not improbable that while in the hypnotic state, I was able to talk without stammering, since my words were directed by the mind of the professor, and not my own mind. But inasmuch as I couldn't have the professor carried around with me through the rest of my lifetime in order to use his mind, that method could be of little use to me, or to any one.

I next got in touch with an honest-looking old man with a beard like one of the prophets, who assured me with a great deal of professional dignity, that stammering was a mere trifle for a magnetic healer like himself and that he could "cure" it entirely in ten treatments. So I paid the specified amount for ten treatments, and went to him regularly three times a week for almost a month, when he explained to me that my case was a very peculiar one and that it would require ten more treatments. But I could not figure out how, if ten treatments had done me no good, ten more would

ITS CAUSE AND CORRECTION

do much better. So I declined to try his methods any further. Once again I said to myself, "Well, this has failed, too—I wonder what next?"

The next happened to be electrical treatments. When I visited the electrical treatment specialist, he explained to me in a very effective manner just how (according to his views) stammering was caused by certain contractions of the muscles of the vocal organs, etc., and told me that his treatment surely was the thing to eliminate this contraction and leave me entirely free from stammering. I knew something about my stammering then, but not a great deal—consequently his explanation sounded plausible to me and appealed to me as being very sensible. I decided to give it a trial. I was glad after it was over that I had received no bad effects—that was *all* the cause I had to be glad, for he had not changed my stammering one iota, nor had he changed my speech in any way to make it easier for me to talk. Thus, I had found another of the "methods" that will not work and chalked up another failure against my attempts to be relieved of stammering.

By this time, the reader may well wonder why I was not completely discouraged. Well, who will say that I was not? I believe I was. But despite

STAMMERING

all my failures, I was still determined not to give up. I had set myself doggedly to the task of ridding myself of a handicap that I knew would always hold me down in life. So I never gave up. Failures and discouragement simply steeled me to stronger endeavor.

After I had tried the electric treatment and found it valueless, I heard of a clairvoyant who could, by looking at a person, tell his name, age, occupation, place of residence, etc., and could "cure" all diseases and afflictions, including stammering. So I thought I would give him a trial. He claimed to work through a "greater power"—whatever that was—and I paid him his fee to have the "greater power" work in my behalf. But nothing happened—all I got was another chapter in my book of experience.

Following this effort, I tried an osteopath, whose methods, however effective they may have been for other ills, could not correct the real cause of my stammering. I do not doubt that this man was entirely sincere in explaining his own science to me in a way that led me to build up hopes of relief. He simply did not understand stammering and its causes and was therefore not prepared to deal with it.

ITS CAUSE AND CORRECTION

I was told of another man who claimed to be able to "cure" stammering. When I called to see him, he had me wait for nearly two hours, for the purpose, I presume, of giving me the impression that he was a very busy man. Then he called me into his private consultation room, where he put me through a thorough examination. He then said that the only thing to "cure" me was to have my tonsils removed. I was not willing to consent, so the operation was never performed.

Since that time, however, the removal of adenoids and tonsils has become commonplace. But in no case should any person expect to eradicate stuttering or stammering by the removal of the tonsils. The operation, beneficial as it may be in other ways, does not prevent stammering—for the operation does not remove the cause of the stammering.

CHAPTER VI

FAILURES FINALLY POINT THE WAY

I had now tried upwards of fifteen different methods for the relief of my stammering. I had tried an elocution teacher; an hypnotic specialist; an osteopath; a clairvoyant; a mail-order scheme; the world's greatest speech specialist—so-called, and several others. My parents had spent hundreds of dollars in my behalf. They had spared no effort, stopped at no cost. And yet I now stammered worse than I had ever stammered before. Everything I had tried had been a failure. Nothing had been of the least permanent good to me. My money was gone, months of time had been seemingly wasted. "Wouldn't it be better," I asked, "if I resigned myself to the life of a stammerer and let it go at that?"

This, at least, seemed to be the judgment of honest men who believed what they said and who had no desire to make any personal gain by trafficking in my infirmity. These men told me frankly that their skill and knowledge held out no hope for me and advised me from the very beginning

ITS CAUSE AND CORRECTION

to save my money and avoid the pitfalls of the many who would profess to be able to help me. But, in my heart I felt that *some* good must come of all this effort—surely it could not all be wasted.

“But yet,” I argued with myself, “what good *can* come of it?” Stammering was fast ruining my life. It had already taken the joy out of my childhood and had made school a task almost too heavy to be undertaken. It had marked my youth with a somber melancholy, and now youth was slipping away from me, with no hope that the future held anything better for me than the past. Something had to be done. I was obsessed with that thought—something *had* to be done. It had to be done at once. I had come to the turning point in my life. Like Hamlet, I found myself repeating over and over again,

“To be or not to be,
That is the question.”

It was about this time that I stepped into the office of my cousin, Oliver H. Bogue, then a successful lawyer at Wabash, Indiana, later the first vice-president of the Rock Island Railway System, with office headquarters in New York. He was one of those men in whose vocabulary there was

STAMMERING

no such word as "fail." After I had talked with him for quite a while, he looked at me, and with his kindly, almost fatherly smile asked, "Why don't you 'cure' yourself?"

"Cure myself?" I queried. "How do you expect me, a young man with no scientific training, to do what learned doctors, surgeons and scientists have said *cannot* be done?"

"That doesn't make any difference," he replied, "'while there is life, there is hope' and it's a sure thing that nobody ever accomplished anything worth while by accepting the failures of others as proof that the thing couldn't be done. Whitney would never have invented the cotton gin if he had accepted the failures of others as final. Columbus picked out a road to America and assured the skeptics that there was no danger of his sailing 'over the edge.' Of course, it had never been done before, but then Columbus went ahead and did it himself. He didn't take somebody else's failure as an indication of what he could do. If he had, a couple of hundred years later, somebody else would have discovered it and put Columbus in the class with the rest of the weak-kneed who said it couldn't be done, just because *it never had been done*."

ITS CAUSE AND CORRECTION

"The progress of this country, Ben," continued my cousin, "is founded on the determination of men who refuse to accept the failures of others as proof that things can't be done at all. Now you've got a mighty good start. You've found out all about these other methods—you know that they have failed—and in a lot of cases, you know WHY they have failed. Now, why don't you begin where they have left off and find out how to succeed?"

The thought struck me like a bolt from a clear sky: "BEGIN WHERE THE OTHERS LEAVE OFF AND FIND OUT HOW TO SUCCEED!" I kept saying it over and over to myself, "Begin where the others leave off—begin where the others leave off!"

This thought put high hope in my heart. It seemed to ring like a call from afar. "Begin where the others leave off and find out how to succeed." I kept thinking about that all the way home. I thought of it at the table that evening. I said nothing. I went to bed—but I didn't go to sleep, for singing through my brain was that sentence, "Begin where the others leave off and find out how to succeed!"

Right then and there I made the resolve that ended my days as a stammerer. "I WILL do it," I said, "I will begin where the others leave off—

STAMMERING

and I WILL SUCCEED!!” Then and there I determined to master the principles of speech, to chart the methods that had been used by others, to find their defects, to locate the cause of stammering, to find out how to remove that cause and remove it from myself, so that I, like the others whom I so envied, could talk freely and fluently.

That resolution—that determination which first fired me that evening never left me. It marked the turning point in my whole life. I was no longer dependent upon others, no longer looking to physicians or elocution teachers or hypnotists. I was relying upon myself. If I was to be freed from stammering, then I must be the one to do it. This responsibility sobered me. It intensified my determination. It emphasized in my own mind the need for persistent effort, for a constant striving toward this one thing. And absorbed with this idea, living and working toward this one end, I began my work.

CHAPTER VII

STARTING WHERE THE OTHERS STOPPED

From the moment that my resolution took shape, my plans were all laid with one thing in mind—to free myself from stammering. I determined, first of all, to master the principles of speech. I remembered very well, indeed, the admonition of Prof. J. J. Mills, President of Earlham College, on the day I left the institution. “You have been a hard-working student,” he said, “but your success will never be complete until you learn to talk as others talk.” That was the thing I had determined to do. And having determined upon that course, I resolved to let nothing swerve me from it.

I began the study of anatomy. I studied the lungs, the throat, the brain—nothing escaped me. I pursued my studies with the avidity of the medical student, wrapped up in his work. I read all the books that had been published on the subject of stammering. I sought eagerly for translations of foreign books on the subject. I lived in the libraries. I studied late at night and arose early in the morning, that I might be at my work again.

STAMMERING

It absorbed me. I thought of the subject by day and dreamed of it by night. It was never out of my mind. I was living it, breathing it. I had not thought myself capable of such concentration as I found necessary in my pursuit of the fundamental truths about stammering and its relief.

With the knowledge that I had gained from celebrated physicians, specialists and institutions throughout this country and Europe, I extended my experiments and investigation. I had an excellent subject on which to experiment—myself. Progress was slow at first—so slow, in fact, that I did not realize until later that it was progress at all. Nothing but my past misery, backed up by my present determination to be free from the difficulty that hampered me at every turn, could have kept me from giving up. But at last, after years of effort, after long nights of study and days of research, I was rewarded by success.

1. *I learned the basic and underlying cause of stammering and stuttering.*
2. *With this knowledge I was able to develop a method which corrected the conditions that cause stammering and stuttering.*
3. *Using this method I restored myself to normal speech and have since, by the same method, restored normal speech to countless other stammerers and stutterers.*

ITS CAUSE AND CORRECTION

All of the mystery with which the subject had been surrounded by so-called specialists, fell away. In all its clearness, I saw the truth. I saw how the others, who had failed in my case, had failed because of ignorance. I saw that they had been treating *effects*, not *causes*. I saw exactly *why* their methods had not succeeded and could never succeed.

In truth I had *begun where the others left off, and had won success*. The reader can imagine what this meant to me. It meant that at last I could speak — clearly, distinctly, freely, and fluently, without those facial contortions that had made me an object of ridicule wherever I went. It meant that I could take my place in life, a man among men; that I could look the whole world in the face; that I could live and enjoy life as other normal persons lived and enjoyed it.

At first my friends could not believe that my relief was permanent. Even my mother doubted the evidence of her own ears. But I knew the trouble would not come back, for the old fear was gone, the nervousness soon passed away, and a new feeling of confidence and self-reliance took hold of me, with the result that in a few weeks I was a changed man. People who had formerly

STAMMERING

avoided me because of my infirmity began to greet me with new interest. Gradually the old affliction was forgotten by those with whom I came into daily contact and by many I was thought of as a man who had never stammered. Even today, those who knew me when I stammered so badly I could hardly talk, are hardly able to believe that I am the same person who used to be known as "BEN BOGUE'S BOY WHO STUTTERS."

Today I can talk as freely and fluently as any one. I do not hesitate in the least. For years, I have not even known what it is to grope mentally for a word. I speak in public as well as in private conversation. In my work, I lecture to students and am invited to address scientific bodies, societies and educational gatherings, all of which I do without the slightest difficulty.

Today, I can say to those who are afflicted as I was afflicted: "I have been a stammerer. I know your troubles, your sorrows, your discouragements. I understand with an understanding born of a costly experience.

Man or woman, boy or girl, wherever you are, my heart goes out to the stammerer and stutterer. Whatever your station in life, rich or poor, educated or unlettered, discouraged and hopeless, or

ITS CAUSE AND CORRECTION

determined and resolute, I send you a message of hope. To this end I commend to you the succeeding pages of this volume, where you will find in plain and simple language the things which I have spent a lifetime in learning. May these pages open for you the door to freedom of speech—as they have opened it for many other stammerers.

Part Two

STAMMERING AND STUTTERING

Characteristics and Causes

CHAPTER I

DEFINITIONS AND CHARACTERISTICS

Stammering and stuttering are *manifestations* of a disorder by which the flow of normal speech has been disturbed. They are the *result* of a disorder, and are not the disorder itself.

The disorder which causes stammering and stuttering is, briefly, a lack of coordination between the brain and the vocal organs. Speech comes about in this way: The brain conceives a word that it wants spoken. The brain knows just which organs of speech must be used to produce that word, and sends an impulse (or power-wave) to the vocal organs, telling them exactly what to do, causing them to function and produce the desired word or words.

ITS CAUSE AND CORRECTION

When the brain and the vocal organs work together in harmony—when they are properly synchronized and coordinated—*normal speech* follows as a matter of course. When this necessary coordination does *not* exist, stammering or stuttering results—or perhaps both.

A man who has himself stammered is able to understand the feeling and problems of another stammerer better than one who has not had this sad experience. As has been stated, I was a stammerer for many years. The opinions, facts and conclusions recorded in this book are based, not only upon my own experience and struggles as a stammerer, but on a lifetime of intensive study of stammering and stuttering, in addition to 38 years of constant association with stammerers who have come to me for help in correcting their speech disturbances.

It has been my pleasure to correspond with more than 264,000 persons who stammer or stutter. Of this number I have diagnosed the cases of 135,000 persons, basing the diagnoses on information which they submitted to me by mail. Further, approximately 29,000 cases of stammering or stuttering have come under my personal observation. In this time, it is only natural that I should have

STAMMERING

close intimate contact with almost every conceivable type of stammering in practically every form. This extensive experience in dealing with stammering and stuttering has been augmented by a careful study of all related and authoritative books which, as far as I know, have ever been published.

In this book there is no attempt to discuss all types of speech disturbance, nor even all of the forms of any one, single type. Instead, this treatise is purposely limited to types which may be regarded as the most common, and likewise typical of disturbances identified with the largest number of stammerers and stutterers.

Defective speech is seldom exactly the same in any two persons. Basically, each of two persons may be classed as stammerers, but there are still differences between them. Each case of stammering or stuttering has its own characteristics, and in its specific combination of characteristics is different from all others.

It should be understood that defective speech may result from two wholly different causes. One is *functional*, and the other is *organic*. These two causes may be defined as follows:

- (a) *Functional*: In the matter of speech we are dealing with the brain and the vocal organs. Either

ITS CAUSE AND CORRECTION

the brain or the vocal organs may be perfectly capable of functioning independently. For normal speech, however, the brain and vocal organs must function together as a unit. When they do not, there results a functional disorder which manifests itself in some form of stammering or stuttering.

- (b) *Organic*: Speech defects, classified as organic, arise from some physical deformity or defect in the vocal organs themselves. They result in defective speech, but are in no way to be confused with true stammering or stuttering which, as you have seen, arise solely from a functional disorder and not from an organic defect.

The material in this book deals only with *functional* disorders resulting in speech disturbances.

Defective utterance, arising from physical defects or malformation of the organs of speech, is not discussed here. These defects should be classified as *organic*. They include such conditions as harelip, tied tongue, cleft palate, paralysis of the vocal cords, defective teeth, growth in the nasal passages, overshot or undershot jaw, etc.

1. STAMMERING AND STUTTERING

The single word "stammering" is generally accepted as a word embracing both stammering and stuttering. Yet, each of these two types of speech

STAMMERING

disturbance has different and distinctive major characteristics.

Of the two, stuttering develops, usually, in advance of stammering—and leads to stammering, or to *combined* stammering and stuttering. These three speech-disturbances may be defined as follows:

- (a) **STUTTERING:** *A vocal disturbance characterized by spasmodic action in the speech muscles, causing repetition of a word or syllable, before the following word or syllable can be uttered. This spasmodic action is rapid in most cases, although slow in some.*
- (b) **STAMMERING:** *Another form of vocal disturbance, characterized by an inability to complete a word, phrase, or sentence. The stammerer, usually, does not repeat whatever he has succeeded in uttering, while the stutterer does. The stammerer merely gets "stuck" at the beginning of or in the middle of a word, phrase, or sentence and despite his best effort, can not complete it. At times there is likewise a temporary inability even to begin the enunciation of a word.*
- (c) **COMBINED STAMMERING AND STUTTERING:** *This form of speech disturbance in effect defines itself. It is a combination of the two conditions just described. At times the person thus afflicted may stutter only, and at others, stammer only. And he may, on occasion, experience both forms of the disturbance in conjunction.*

ITS CAUSE AND CORRECTION

STUTTERING

Stuttering may be separated into two general classifications:

- (a) Primary Stuttering
- (b) Hesitative Stuttering

Primary Stuttering: Primary stuttering is, comparatively, a minor speech disturbance. It is the mildest form of stuttering and usually first manifests itself in children from the ages of three to six years. In some cases it develops at a later age.

Primary stuttering is characterized by a lack of breath-control, abnormal syllabication, in which the syllables of words or phrases are said again and again, slowly or rapidly, in a series of nervous jerks. In the early stages of this disturbance, the stutterer is seldom subject to facial contortion.

Hesitative Stuttering: This, the second stage of stuttering, almost invariably develops whenever *primary* stuttering is not promptly corrected and checked. The characteristics of primary stuttering are usually also present in *hesitative* stuttering, but in addition other difficulties ordinarily develop. In

STAMMERING

hesitative stuttering there may be a silent choking effect, accompanied perhaps by an ineffectual opening and shutting of the mouth—during which only short, fragmentary particles of vocal sound escape.

Under these circumstances there often is a constriction of certain parts of the speech musculature. This results in an inability to release or utter a syllable or a word.

The hesitant stutterer usually suffers from shortness of breath and abnormal agitation of his respiratory organs. There may follow a congestion of blood in the chest and head, which may increase in proportion to his efforts to speak. Often there is a convulsive action of the chest and throat and sometimes the heart-beat is increased.

COMBINED STAMMERING AND STUTTERING

This type of speech disturbance combines the characteristics of both. The individual thus afflicted finds himself, at times, repeating a word or syllable, and at other times he may be wholly unable to utter a sound or even to begin a word or syllable. Often he resorts to various physical actions, their seeming purpose, consciously or unconsciously, being that of aiding him in his efforts

ITS CAUSE AND CORRECTION

to speak. Frequently he pulls a chair around, slaps or pounds himself involuntarily, strikes a table or desk with his hand, rolls his eyes, contorts his features.

Stammering seldom develops into stuttering, but stuttering, if neglected, very often develops into stammering. Stammering is the more severe and pronounced form of the two disturbances. It is natural that the worry, inconvenience and humiliation identified with stuttering, intensify the condition, weaken certain resistances and pave the way for the ultimate condition of stammering. And then, instead of being afflicted only with stammering, he may have some form of the disturbances in combination. Fatigue, worry, exhaustion, aggravate the condition. Likewise any speech-failure, however minor, brings steadily mounting fears of failures yet to come. Thus, progressively, the disturbance becomes more firmly rooted in the person's muscular and nervous system.

STAMMERING

Stammering is a speech disturbance arising from an inability to control the organs of articulation. Usually, there is an inability to express a phrase

STAMMERING

or sentence. Often, it is impossible to utter even a word or a sound, no matter how strong the effort, or how well the individual may know what he wants to say.

Persons who have previously had no difficulty in speaking, are known to have plunged almost headlong into a definite and deeply rooted case of stammering. This occurs usually when there has been some emphatic mental or physical experience—a period of great emotional excitement—such as a sudden and great sorrow, disappointment, fright, accident or severe illness.

There are different types of stammering, each type, of course, having its various degrees of severity. In a general way we may properly classify all types of stammering under one general head. Yet, actually, there are almost as many different types of stammering as there are persons so afflicted. This, we have already stated, but it is repeated here because of its importance.

In this volume we shall discuss and describe only the relatively few common and representative groups into which nearly all cases of stammering may properly be allocated.

These general and representative groups are as follows:

ITS CAUSE AND CORRECTION

- (a) Hesitative Stammering
- (b) Elementary Stammering
- (c) Spasmodic Stammering
- (d) Silent Stammering
- (e) Convulsive Stammering

Hesitative Stammering: Of the five broad classifications of stammering, *hesitative* stammering usually is first to develop and may be regarded as the mildest form of stammering. Hesitative stammering ordinarily makes its appearance among boys and girls soon after they have entered school. It may also develop among adults, but in these cases it has seldom been preceded by stuttering. Hesitative stammering may be caused by an involuntary contraction of only one speech muscle, or in any event a very limited number of them. But there are no visible manifestations of the attempted effort to speak, because it is of such short duration. The retarded muscle is almost instantly released and seemingly normal speech exists. Further, there may be a slight sticking of the lips—so slight in fact, that any one listening may not be aware of the speaker's difficulty.

Hesitative stammering is usually the result of nervous or physical weakness, or an unusual mental strain. It seldom disappears without proper

STAMMERING

corrective measures. Most parents are inclined to postpone corrective measures, believing that the difficulty will disappear of its own accord. Afflicted adults, too, are inclined to this belief. But experience shows that the contrary is true—that the difficulty is almost sure to continue, and most likely develop into some further and more serious stage of stammering.

Elementary Stammering: This phase of the disturbance may reasonably be expected to follow in the wake of hesitant stammering. Elementary stammering, in its early stages, is characterized by a loose, hurried, slight repetition of syllables. Also, the degree of *hesitation* now becomes much more emphatic—especially under abnormal mental effort, excitement, fear, anger or other related emotions. At other times, when these emotional disturbances are not present, there may not be any noticeable symptoms of speech difficulty.

The causes underlying elementary stammering as just described applies both to children and adults. Wherever and whenever there are circumstances leading to emotional disturbances, stammering may result.

With children, close application to studies in

ITS CAUSE AND CORRECTION

school usually increases the severity of the speech disturbance. Experience shows that a child who stammers does so more emphatically during the school year, and *less* emphatically during the period of vacation from school.

Children also face the additional handicap of being "made fun of" by their school mates. Among adults this is seldom the case, as the judgment and wisdom of later years protect the stammerer from open derision by other adults whom he may encounter.

Adults encounter in their routine of work and living the same varying necessity for intense application to a problem, whether physical or mental. As with children, this abnormal effort, and all of the other emotional disturbances which come to everybody, result in extreme manifestations of their speech difficulty. These "peaks" may subside as the effort or the emotion subsides.

In the case of either child or adult, as the months go by, there develops a consciousness of the difficulty, and this consciousness only serves to aggravate the difficulty. It leads to shyness, timidity, fear—and eventually the difficulty becomes more firmly rooted and more severe. It feeds upon itself.

STAMMERING

This growing inability to control speech, irritates the nerves and the mechanism of the speech musculature—definitely disturbs it. The result is an excessive muscular tension in the organs of speech. Here, therefore, is an added burden. All of these difficulties, each steadily increasing, go on and on and almost inevitably lead to even greater difficulties.

Spasmodic Stammering: This type of stammering is the next natural development of the stammerer's affliction—and is much more severe than the two types already discussed. In many cases there is an almost complete inability to speak, characterized also by painful and unpleasant contortions of the face and body. These manifestations are known to most of us. The effort to speak causes such an extreme nervous and muscular tension that both nerves and muscles are out of control. The face of the stammerer may become twisted and contorted—and there are often nervous involuntary movements or jerks affecting the head and perhaps the entire body.

Spasmodic stammering generally combines with these contortive characteristics an almost unrestrained *hurry* to produce speech. Because of this

ITS CAUSE AND CORRECTION

very effort to hurry, the speech musculature becomes more fixed and rigid and therefore releases any word or syllable with greater difficulty. As the difficulty increases, the effort increases. Here we have both a physical and mental struggle. Fear likewise steps into the picture and complicates it further.

All of these efforts are destructive rather than constructive. They cause mental distress to the afflicted person and through repetition, as time goes on, lead him further and further from normal thinking or activity.

Silent Stammering: In *silent* stammering there is no outward physical manifestation or muscular contortion, no observable indication of an effort to speak. The effort is wholly a mental one. There is not even an expression of the eye or a muscle of the face indicating the mental struggle to speak.

Under these conditions, the word or sentence when finally uttered, comes almost like an *explosion*. It is a curious fact that the word or sentence thus uttered explosively, may be spoken easily and normally at times, if *repeated* by the stammerer.

Silent stammering is present very often when a sudden or unexpected question causes embar-

STAMMERING

rassment to the stammerer. This embarrassment may cause the stammerer to stand absolutely transfixed, unable to utter a word. This type of stammering often enters into, and combines with, other speech disturbances.

Convulsive Stammering: Convulsive stammering is a deeply rooted type of speech disturbance probably the most violent and far reaching of all. In this type of stammering, many muscles, even groups of muscles, are affected. The whole speech musculature becomes involved. Often the muscular disturbance is even more widely distributed and may extend to other portions of the body. Frequently, the stammerer has a tendency to hold his entire body in a state of tension, often with his hands tightly gripping something. His whole attitude is one of strain and stress. Perspiration may be seen on his forehead. Often a pain develops in his chest. Such seizures may be sudden and complete.

In these circumstances, the muscular effort to speak is involuntarily misdirected, giving rise to violent contortions of the face and body. There may be an uncontrollable drawing and twisting of the mouth and gasping for breath. There also

ITS CAUSE AND CORRECTION

may be lateral motions of the jaw, protrusion of the tongue, straining of the eyes, rapid winking and often rolling of the head. The stammerer may throw himself forward and backward, or from side to side, and utter various spasmodic, hissing, or gurgling sounds.

Usually, when the effort to speak ceases, the convulsions likewise cease. But, a subsequent effort to utter a difficult word or syllable may again provoke the same series of abnormal reactions in the speech musculature. Under the same provocation, the same reactions may be expected to happen again—and again and again.

CHAPTER II

CAUSES OF STAMMERING AND STUTTERING

Persons troubled with stammering or stuttering belong to no specific social class or group. They are found in families either rich or poor, educated or illiterate, high or low, and experience informs us that they are found in every climate and every country.

In former years some persons entertained the idea that stammering was the result of a mental deficiency on the part of one so afflicted. Fundamentally, this is an incorrect impression, as is proven by the fact that some of the brightest and brainiest men during history were addicted to stammering and stuttering. In itself this fact is sufficient to prove that the infirmity is in no way due to lack of intelligence.

Stammering Acquired, Not Inherited: Few children stammer or stutter before they reach the age of three. Many do not falter in speech in the

ITS CAUSE AND CORRECTION

slightest degree before reaching the ages of from four to six. Frequently they do not stammer until after they enter grammar school. And most astonishing of all, many have no speech disturbance at all, until after they enter high school. These facts tend to prove that stammering is "*acquired*," and not "*inherited*."

And further, my long experience in corresponding and associating with thousands of stammerers and their parents supports the conviction that neither stammering nor stuttering is inherited.

Consider for a moment an American home in which one of the parents, or an adult member of the family, stammers or stutters. Or, if stammering does not exist among the adult members of the family, perhaps there is a close friend—an adult who stammers—and who is a frequent visitor in the home. In these circumstances a child in that home, especially if just learning to talk, is very apt to become a stammerer or stutterer through conscious or unconscious imitation of his elders who are thus afflicted. In a certain sense, stammering and stuttering are truly "*contagious*," almost as much so as any specific disease. A child may *acquire* stammering from a *parent* who stammers, but he does so through

STAMMERING

force of example, daily contact with the stammering parent, and *not* through heredity.

In fact, it seems certain that stammerers are not *born*, but that they are actually *made*—that their affliction develops at some unpredictable point in their lives. Likewise, stammering or stuttering may develop in any person, at almost any age. Furthermore, the conditions and circumstances which lead to stammering are almost endless in their number and variety, as will be shown later.

How Children Learn to Talk: The seeming fact that stammering is *acquired* and not inherited, is given further substance by an experiment performed centuries ago by an ingenious and scholarly Hindu Emperor, by name, Akbar. He proved that speech itself is not inherited, but is the result of imitation and education. In other words, speech is *acquired*, under much the same circumstances, basically, that stammering is often acquired. Neither is inherited.

Emperor Akbar's experiment, in 1580, is related by the great orientalist and linguistic scholar, Max Muller. In effect, the story is this:

Emperor Akbar reasoned that if speech were

ITS CAUSE AND CORRECTION

inherited, as certain qualities of the body are passed from a parent to his offspring, the infant would develop its power of speech without prompting, without example, without education.

On the other hand, if speech were the result of an imitative and educational process, and not inherited, but acquired after birth, then, without training the child would not develop the ability to speak. Such a child would give vent only to incoherent and unintelligible sounds, after the fashion of animals.

In his attempt to demonstrate the facts, whatever they might be, Emperor Akbar selected and segregated thirty very young children, none of which was yet able to talk. They were kept in such seclusion and so guarded, during a period of years, that they had no opportunity to hear a single spoken word from any person. In these circumstances, there was nothing for the children to imitate, except the incoherent sounds and noises which may have developed among themselves. The fact is that none of the children, at the end of a long experiment, was able to talk or say a single intelligible word.

Thus Emperor Akbar demonstrated definitely that speech itself is acquired and not inherited.

STAMMERING

Experience and logic tend to prove that stammering, which is actually a form of speech, is likewise acquired.

It is apparent that the *mechanism of speech* is inherited—but, granting that this mechanism is organically sound, the child must learn to use the mechanism through hearing and imitating the speech of others. And this same law applies in many cases to the form of speech known as stammering. Stammering may easily be acquired through imitation—either conscious or unconscious.

In order to understand clearly the various causes of stammering and stuttering, it is necessary first to know *how* voice is produced—to understand the human “mechanism” which, when called into action, produces what we know as “voice.”

How Voice Is Produced: Voice is defined as “sound proceeding from the mouth . . . in speech, a cry, song, etc., caused by air passing out through the larynx.”

At the beginning of Chapter I, we defined “speech” as being the result of a “word-concept” and an impulse (or power-wave) originating in the brain and sent from there to the vocal organs,

ITS CAUSE AND CORRECTION

causing them to function and produce spoken words.

In the production of speech, therefore, the necessary human “mechanism” consists of two “units”—the *brain*, and what may be termed the *vocal organs*. The brain’s job is to send certain commands to the vocal organs, and supply the “power” which causes the vocal organs to function and produce voice. A further and more detailed explanation of the brain’s function in producing speech, will follow shortly.

First, let us understand what is meant by “vocal organs,” and how they function.

Vocal organs are “those parts of the mouth, nose, throat and larynx, used in the production of speech.”

The larynx is known as the “voice-box”—or, the “organ of voice.” It is a box-like formation of cartilage and muscles in the windpipe, and contains what are known as the “vocal cords.”

When the brain sends a command for the production of a specific word, a volume of air (your breath) is forced upward through the larynx. There, it passes between two vocal cords. The current of air causes these cords to vibrate. This *vibration* produces *sound*. The wider the slit, the

STAMMERING

lower the sound or tone. The narrower the slit, the higher the sound or tone. The brain controls the width of the slit and the amount of air or breath needed. Whatever the sound may be—anything in the range from high to low—it proceeds upward, and emerges through the mouth, where it is formed into words by the soft palate, the tongue, the teeth and the lips.

If you want to shout, you open your mouth wide and you use more air or breath. If you “hum,” even your lips may be closed and you use a minimum amount of air or breath. Here are two extreme illustrations of human utterance, each of them brought about by different combinations of the “mechanical units” of voice, spurred into specific action by the brain and its power-waves. This same “mechanism,” in an endless variety and degree of combinations, produces all of the sounds which we know as “voice.”

The brain conceives the word to be spoken, then sends a definite command and supplies the “power”—the vocal organs execute the command and produce voice—and the human chest and sinuses serve as “sounding boxes” to give certain qualities of tone, depth and resonance—just as the body of a violin serves the same purpose for the sound pro-

ITS CAUSE AND CORRECTION

duced by the violinist when he draws his bow across the strings.

Lack of Coordination: Stammering and stuttering, as has been stated, are due to a lack of coordination between the brain and the organs of speech. In other words, the power-impulse from the brain to the speech organs, which should result in perfect speech, has been disturbed—does not form or travel promptly and normally. Synchronization is lacking. The brain's "orders" are no longer normally transmitted to and executed by the muscles of speech.

This failure to transmit normally the brain's "orders," may be termed a "lack of coordination." This may take one of two forms: an *under*-stimulation of the organs of speech, resulting in loose, uncontrolled repetitions of a word, sound or syllable; or it may take the form of an *over*-stimulation of the vocal organs, with the result that they are so intensely contracted as to be entirely closed, causing the "sticking" or inability to pronounce even a sound, so common to the stammerer.

Suppose you try to say the word "tray." What happens? Simply this: The tip of your tongue comes in contact with the upper front teeth at

STAMMERING

their base, and as you progress in your attempt to say "t" your tongue flattens itself against the roof of your mouth. If you are a stammerer, attempting to say the word, you will probably find that your vocal organs fail to respond quickly and correctly to the set of brain messages which should result in the proper enunciation of the word "tray." Your tongue clings to the roof of your mouth, your mouth remains open, you suffer a rush of blood to the face (due to your powerful and unsuccessful effort to articulate) and the word refuses to be spoken. As a result, you stammer or stutter.

What Causes Lack of Coordination: Even after it is known that stammering and stuttering are caused by a lack of coordination between the brain and the organs of speech, still, the scientific and inquiring mind must ask: "What causes this lack of coordination?" And the question is quite in order. It is clear that this lack of coordination does not exist without a cause. What, then, causes lack of coordination?

Let us list the more common of these causes, not with the expectation of having the list complete, but with a view to identifying those causes

ITS CAUSE AND CORRECTION

which are representative, and stating a few facts about them.

An unusually small per cent of persons attribute their stammering or stuttering (lack of coordination) to an unknown cause. Records compiled by the author show that approximately 96 per cent of the cases of stammering and stuttering can be traced back to one of five major basic causes, as follows:

- 1—Conscious imitation
- 2—Unconscious imitation
- 3—Fright or nerve-shock
- 4—Injury
- 5—Illness

We now propose to discuss these various basic "causes" in the order in which we have stated them.

Conscious Imitation: Imitation or mimicry, is almost wholly confined to children. After reaching the age of discretion, the average child is usually of sufficient intelligence to refrain from imitating a person who stammers or stutters.

However, many small boys, and some girls, seem to find keen delight in mocking a playmate who

STAMMERING

stammers or stutters, for often, indeed such speech peculiarities are regarded as subjects for mirth. There are persons who find amusement or pleasure in deformities of all kinds, when seen in others.

Children, especially, are interested in things that are not normal. Therefore, a person who stammers or stutters, attracts their attention and interest. As stammering and stuttering are often regarded as amusing, young people try to imitate the sounds and grimaces of the persons unfortunately afflicted, and thus amuse others who may hear them. Repetitions of this effort lead with surprising frequency to a development of the same speech-difficulty in the "mockers." Through imitation these "imitators" themselves develop lack of coordination. Repeated "imitations" tend to *establish* this lack of coordination, and bring stammering or stuttering as a penalty, to the fun-maker. He, in turn, becomes the subject of the jests of others.

Persons are known to have become stammerers by imitating the contortions and utterances of an actor who, on the stage, "amuses" his audience by imitating the speech of a stammerer. In other cases persons have themselves enacted these stammering "character-parts," only to find themselves

ITS CAUSE AND CORRECTION

later, the victims of an affliction which they themselves had held up to ridicule.

At one time, I had under instruction at the Bogue Institute a man 41 years of age, who as a boy, desired to talk like an older friend who stammered, for he felt that his friend's odd speech would amuse the neighbor boys. And so, this boy (in that far-gone day) cultivated "stammering speech" by going behind the barn on his father's farm and practicing stammering for an hour daily. After practicing and developing this speech disturbance, he was unable to talk again in his normal way. As a result, it was necessary for him to endure the burden of stammering for some thirty years, before the disturbance was corrected.

Unconscious Imitation: Many children acquire stammering and stuttering through association with stammerers, by *unconsciously* imitating them. Children are great imitators. The child learns to speak entirely by imitating and copying the speech of older persons. It is his only way of learning to speak.

Words, to the mind of the child, are not merely abstract, printed symbols but they are tone-

STAMMERING

symbols, and as far as the vocal organs will permit, the child utters words exactly as he hears them. Therefore, if an older person with whom the child is associated stammers, there is a wide-open opportunity for that child to acquire the same speech disturbance. And the chances are that he will do so.

Young minds are subject to quick and lasting impressions. If an incorrect model of speech is constantly placed before the child, little by little the utterance of the child becomes that of the model.

A child may thus imitate defective speech, not as a matter of ridicule, but as a means of learning to talk. If a parent stammers, and that parent is endeavoring to teach his child to talk, that child in imitating the parent, is almost certain to become a stammerer.

Also, if some other member of the family is troubled with stammering or stuttering, or in case a nurse or servant stammers, a dangerous situation is created. Stammering, especially in a home where there are small children, is to be dreaded like a contagious disease. In case a member of a family contracts smallpox, common sense demands that others in the family remove themselves

ITS CAUSE AND CORRECTION

promptly from any possible contact with the afflicted person.

The same common sense should apply where stammering and stuttering constitute the "disease." It has been definitely determined that stammering and stuttering may be *communicated* through *impressions*, especially among children of tender age. For this reason, the evil effects of stammering in any home should be guarded against. Furthermore, it is not advisable for parents to allow their children to play with others who stammer or stutter. Nor is it charitable to allow a child who stammers to play with other children who are not so afflicted.

Fright or Nerve Shock: Many cases of stammering and stuttering result from fright or nervous shock, which may be caused in any one of countless ways. Such cases, ordinarily develop suddenly, and customarily yield readily to correction if prompt action is taken.

One boy who came to me stated that he had swallowed a nail when about six years of age and that this was the cause of his stammering. The logical conclusion in a case like this would be that the nail had injured the vocal organs, but an ex-

STAMMERING

amination proved that there was no organic defect and that the stammering was caused not by injury directly to the vocal organs but by the nervous shock occasioned by swallowing the nail.

Another case was that of a stammerer who reported that he had been given carbolic acid, by mistake, when a child and that he had stammered thereafter. This, as in the case of the boy who swallowed the nail, might be expected to indicate an impairment of the vocal cords, but again, it was found that there was no impairment and that the stammering was brought about solely from the nervous shock which came as a result of taking the carbolic acid.

Fright is, in fact, a common cause of stammering and stuttering. I know of one little girl whose stammering was traceable directly to the fact that she had been punished for some childish misdemeanor by being locked in a dark cellar. I know another child who was so badly frightened when boarding a train for the first time that stammering developed.

Threats of playmates to throw a boy on a railroad track in front of an approaching train—fear of a savage dog—a sudden plunge into cold water—these have produced shocks that have led to

ITS CAUSE AND CORRECTION

stammering. Shocks result from an infinite variety of causes—and *any* shock may start a normal child on the way to becoming a stammerer.

I know of a boy who felt that he was continually being followed. This was, of course, merely a hallucination. But the fright that grew and lived in this boy's mind led, eventually, to a lack of coordination, with stammering and stuttering as the inevitable end.

Especially in the case of very young children, fright or terror may easily be aroused, and when aroused frequently lead quickly to stammering and stuttering. Parents, or nurses, who persist in telling children stories of a frightful nature, or who, as a means of discipline, threaten to lock them up in the cellar, the closet or the garret, invite disaster. The misguided practice of telling children that the "bogey-man will get you" or "the policeman is after you" in an effort to enforce parental commands, opens wide the door to stammering and stuttering.

Such "disciplinary" methods savor of the "Dark Ages" and should, for the good of the children and the future generations they represent, be abolished. While these methods do not, in every case, result in stammering or stuttering, they develop in

STAMMERING

the child a nervous disposition, and make him susceptible to afflictions which accompany nervous disorders.

In some cases "tickling" a child has caused stammering or stuttering. Care should be exercised here as well, for tickling brings about intense muscular contraction, especially of the diaphragmatic muscles, which is accompanied by an agitated mental condition as well as extreme nervousness. And here we have approximately the combination of abnormal conditions which are found to be present in stammering or stuttering.

Injury: It has been ascertained that almost any kind of blow on any part of the body may be a prime cause in a case of stammering or stuttering.

Join any gathering of average American parents for a half hour and if the subject of the children should come up, you are sure to hear one or more dramatic recitals of the falls and injuries suffered by the junior members of the household. You'll hear about the first time that "Johnny" fell out of bed and frightened his mother nearly to death, and the details of a current automobile crash at

ITS CAUSE AND CORRECTION

the age of 23. And these tales always close with the profound bit of confided information that these falls and injuries were of no consequence—"nothing ever comes of them."

While in a great measure this is true, there are many falls and injuries suffered in childhood which lead to the ills of later life, although it is seldom indeed that they are blamed for the results which they, in fact, bring about.

Injuries and falls are, definitely, frequent causes of stammering and stuttering. Usually, however, an injury results in stammering or stuttering, not because of the injury itself, but rather because of the nervous shock attending it.

A shock, resulting in stammering, may be caused by a blow on the head or back. For instance, a small boy went down into the cellar for his mother. As he came back the door fell and struck him on the head, throwing him back into the cellar. He stammered from then on. Another boy fell off a horse; the horse stepped upon him, and stammering resulted almost immediately. A man, whom I knew, fell off the roof of a two-story building. Stammering developed soon afterward.

One boy, in my experience, began to stammer after being burned with hot water. When six

STAMMERING

years old, another boy shot his hand with a revolver, and stammered thereafter.

Another boy almost drowned while swimming at a bathing beach, and became a stammerer. One man told me that he fell from a bed, with stammering as a result. Another case of stammering developed in a child after he was flogged by his school teacher. One boy swallowed his sister's ring and stammered from that time on.

I recall the case of a young man, who came to me some years ago. He said: "When I was about five years old, my brother and I were playing in the cellar and I wanted to jump off the top step. When I jumped, I hit my head on the cross-piece and it knocked me back on the steps and I slid down on my back, and ever since, for ten years, I have stammered."

Another man said, in describing his experience: "At the age of 16, I was hit on the head with a ball. I lost my memory for one week and when I regained it, I was a stammerer." This is a plain case of injury and shock resulting in immediate stammering.

Still another case is that of a boy who, at the age of three, was shot in the neck by a rifle, the bullet coming out of his chin. At once he became

ITS CAUSE AND CORRECTION

a stammerer. Here, as in the case of the boy who swallowed the nail, it might be expected stammering resulted from an actual defect in the organs of speech. The diagnosis indicated, however, that the stammering was brought on by the nervous shock from the injury.

From these few cases of actual occurrence, it will be seen that practically all cases of stammering and stuttering caused by injury can be traced to the nervous shock brought about by the injury.

Illness: Many cases of stammering and stuttering have an illness as the basis or predisposing cause. Such diseases as diphtheria, scarlet fever, typhoid fever, influenza, measles, chicken pox, bronchitis, whooping cough, meningitis, mumps, often serve as inciting causes of stammering or stuttering.

Persons, young or old, undergoing the rigors of an illness, are abnormally weak, easily excited and irritated. Everything is out of balance.

It is a well known fact that a person passing through a serious illness, almost invariably finds his voice becoming weak, and frequently his vocal utterance is indistinct, broken, and speech is inarticulate. During such a period of illness, vitality is

STAMMERING

lowered and energy is reduced to a degree that some ordinarily minor or casual shock, in his abnormal condition, may lead to stammering or stuttering.

Especially is this true if the illness is accompanied by high fever, when the power to control the mechanism of speech is abnormally weakened, affording an opportunity for a speech disturbance to assert itself. Once the equilibrium of speech-control is upset, there is every chance for the rapid development of stammering or stuttering. Frequently it develops in a child who is in a feeble state of health. Even soreness of the mouth sometimes paves the way for stammering and stuttering.

When a speech disturbance results as the immediate after-effect of an illness, it may disappear immediately upon recovery from the illness. Or it may continue. There is no way to judge in advance.

However, there are cases in which the speech disturbance did not develop for a considerable period of time after the end of the sickness. Depending altogether upon the susceptibility of the individual, and in cases of this type, ordinarily the speech disturbance does not disappear so quickly.

ITS CAUSE AND CORRECTION

But, it seems unquestionable that an illness is not to be disregarded in any effort to determine the underlying cause of a stammerer's affliction. And any symptoms of stammering, following an illness, should be viewed seriously.

CHAPTER III

PECULIARITIES OF STAMMERING AND STUTTERING

Almost without exception, stammerers and stutterers, under diagnosis, have manifested major characteristics which each believed to be peculiar to himself alone—and not to be found in other stammerers.

Experience over a period of many years shows this to be untrue. Major characteristics which the sufferer may consider to be peculiar to him alone, are almost universal traits among persons afflicted with these speech disturbances. Let us discuss some of the common peculiarities and a few of the outstanding characteristics.

Universal Peculiarities: The conditions under which stammerers experience the greatest, or the least, speech-difficulty seem to vary greatly. That is to say, a condition that may be favorable to one person is unfavorable to another. In fact, the difficulty is seldom manifested in two persons in exactly the same form.

ITS CAUSE AND CORRECTION

Some stammerers are able to carry on a personal conversation with ease but are unable to speak before an audience without exhibiting their speech irregularity. Others are unable to carry on a private conversation with ease, but are able to speak before an audience without experiencing difficulty in speaking.

A minister told me that when addressing his congregation from the pulpit, he did not experience the least difficulty in speech. But he stammered badly when talking to a single individual.

Another stammerer expressed himself as follows: "My stammering is bad just at times, and, strange to say, it seems worse at certain times of the month, apparently at the beginning of the new moon. Probably this may sound strange, nevertheless constant observation of this phenomenon convinces me that this is no imagination." From another source comes this statement: "My stammering is worse during anger or excitement, or eagerness to tell something. During calm and collected thought I can converse fluently."

In certain cases a stammerer will seldom stammer when talking to members of his own family or to his immediate friends, but will be unable to talk normally with strangers. On the contrary, a

STAMMERING

stammerer may have difficulty in talking to friends and members of his own family, and yet speak readily with strangers. One stammerer reported that he could talk normally in a moving train.

Some stammerers experience greater difficulty in the summer than in the winter. One stammerer reported his difficulty to be greatest when the wind was from the South; another conversed normally with anyone in the dark, but stammered badly when speaking in the light; still another experienced more difficulty in the spring of the year than at any other season.

One woman said she could talk freely with people whom she regarded as her inferiors. Her stammering was extreme when she was in a sitting position. In fact, when she was seated and facing another person, it was almost impossible for her to converse at all. In attempting to speak when sitting, she exerted her whole strength, stamped her feet, and finally would have to arise and walk about the room before being able to utter a word.

Almost without exception, a stammerer or stutterer can sing without evidencing his affliction; he can talk to animals without stammering or stuttering, he can talk without difficulty when alone, and in some cases he can talk perfectly in a whisper.

ITS CAUSE AND CORRECTION

A stammerer or stutterer almost always experiences difficulty in speaking over the telephone. One experimenter has shown, however, that many stammerers can talk perfectly *at* the telephone provided there is no connection with another person at the other end of the telephone line. This experimenter shows that immediately the receiver hook is released and connection with another person is established, the halting, stumbling utterance of the stammerer begins.

The peculiarities of stammering and stuttering have invariably puzzled those persons afflicted with these disturbances, and every sufferer, almost without exception, seeks the reason for these peculiar manifestations.

Why is it, for instance, that a stammerer or stutterer can sing, although he cannot talk? The fact that he can sing without exhibiting his speech disturbance indicates that he has no organic or inherent defect in the organs of speech. That is certain. If he can sing, and if this proves that he has no organic defect, then it follows logically that his speech trouble is due to a lack of mental control—or coordination.

Most actors and public speakers, even concert singers, have at some time during their career been

STAMMERING

attacked by an emotional hysteria, referred to as "stage-fright." This is one form of *mental fear*, which attacks persons under various conditions, when speaking before a group of people. It is obvious that this "stage-fright," or fear, is not due to an organic defect. Experienced performers are able, ordinarily, to throw off their fear or "stage-fright" very quickly, and proceed with their speaking, acting or singing in a normal manner.

Of course, the reader understands that there are two kinds of *fear*. A young child may be placed in a "spooky," dark woods all by himself or in a gloomy, dark cellar, and the chances are that the child will be frightened—will fear that something may harm him physically.

Here we have a case of *physical fear*. But the fear that attacks the stammerer or stutterer is a *mental fear*, a fear that causes him to feel that he cannot say something that he desires to say. And the more he fears that he cannot say it, the less likely he is of being capable of saying it.

To indicate how viciously *fear* may affect the mind, even of a person who is not a stammerer, let us assume that an eight-inch board be laid across any street in your community—spanning a distance of about 200 feet. You, or anyone else,

ITS CAUSE AND CORRECTION

could easily walk from one end of that board to the other end, without so much as stepping his foot on the ground on either side of that board, and without the least *fear*, so long as the board remained on the ground.

But, suppose this same eight-inch board were *elevated*—raised 100 feet in the air. Suppose it still to be 200 feet long and to extend from the tenth floor of a building on one side of the street, to the tenth floor of a building on the other side of the street. . . . Do you think you could walk across this board, for 200 feet, raised 100 feet in the air, with the same sense of security that you'd have if that board were on the ground?

The fact is that you would not have a sense of security or real confidence, and there is every chance that you'd step off the board and fall. There is even a better chance that you wouldn't even attempt to walk across it.

Why? The distance is just the same, and the board is the same width in both cases. If you could do it on the ground you ought to be able to do it 100 feet in the air. But you can't. What is it that brings about the change? Fear—on the ground you have no fear. Up 100 feet in the air you do have fear—and fear changes everything.

STAMMERING

This fear is a wholly *mental* condition. The mind assumes, through fear, that something disastrous will happen. And this almost assures that the dreaded "something" *will* happen. Fear is an emotion that often changes a person's ability to do a given thing, into an inability to do that same thing.

The stammerer knows that he has stammered and he fears that he will stammer again. This fear, then, amounts to a certainty in his mind, and he stammers. Why? In some degree it is because he *has* stammered before, and he fears that he will stammer again. So he *does* stammer again.

The fact that a stammerer may be able to talk without speech disturbance when he is alone, and that he can easily talk to animals, may be explained by a very simple illustration. Any stammerer can try this experiment on one of his friends who does not stammer. He can prove that his friend's reflex, or what might be termed *subconscious*, movements are more nearly normal than the same movements when there is a conscious effort to control them.

For example, consider the matter of pulse—or pulse beat—even in a person who does not stammer. Think of yourself for a moment. If, as you

ITS CAUSE AND CORRECTION

are reading this book, you knew exactly the rate of your pulse, you would have a certain definite figure. But, if you had some reason to fear that your pulse was beating too rapidly, got up and went to a doctor's office to have him examine you and ascertain your pulse rate—you'd find that it would be much higher than it actually is as you sit here reading. There is no change in your heart or in any other physical condition—except in your mind. Fear creeps in and sets up a new condition.

This same situation exists in another unconscious, or reflex action—that of breathing. The moment you become conscious of an attempt to breathe regularly, breathing becomes difficult, restricted, irregular, whereas this same action, when unconscious, is thoroughly regular, even, and normal.

In the average or normal person who has learned to talk correctly, speaking should be practically an *unconscious* process. It should not be necessary to make a conscious effort to form words, nor should a normal individual be conscious of the energy necessary to create a word or the muscular movements necessary for its formation and expression. This will explain why the stammerer or stutterer can talk without difficulty to

STAMMERING

animals, or when alone. There is then no self-consciousness—no conscious effort—no fear—no thinking of what is being done—or what the individual wants to do.

Another of the peculiarities of stammering and stuttering is that the individual in many cases seems to be able to talk perfectly in concert—to speak with others as a group. This has long puzzled the investigator in this field, no reason being assignable for this ability to talk in chorus, with others. The puzzling element has been this: The investigator has assumed that the stammerer or stutterer talked normally in group-speaking—whereas a very careful scientist would have discovered the stammerer or stutterer to be a fraction of a second or a part of a syllable *behind* the others.

You have doubtless been in church at some time when you were not entirely familiar with the hymn being sung, yet by lagging a “fraction” behind the other singers, you could sing the song, and to all appearances be right along with the others.

When talking over the long-distance telephone—say between Chicago and New York, an approximate distance of 1,000 miles—the voice

ITS CAUSE AND CORRECTION

seems instantly to reach the party at the other end of the telephone line. Yet we know that a fractional period of time was needed to permit the voice-waves to travel 1,000 miles along the telephone wire and reach its other end.

Here we know that there was a delay, but it was so slight that no one could be conscious of it. Yet, it actually existed. In principle this is what happens in the case of the stammerer who seems able to talk normally when speaking as one of a group—in chorus. He is actually a syllable, or part of a syllable, behind the rest—but neither he nor others in the group are conscious of it—because the delay is so slight, but nevertheless actual. Stammering was truly present, but not detectable under the circumstances.

The range of embarrassments, difficulties and handicaps resulting from the conditions underlying stammering, is very wide. Almost anything can happen—and does.

An example, perhaps extreme, but showing the actual danger which may accompany the conditions underlying stammering, is found in the case of one young man who made the following statement: "At one time, when I was talking particularly bad, I was out with some other fellows

STAMMERING

driving our car. I started to talk, found it almost impossible and noticed a sharp twitching of the muscles of face, arms and limbs. Try as I might, I found I could not control these movements and in another minute I had steered the car into the ditch and wrecked it. And now," adds the young man "although father has a new car, I am never allowed to drive it!"

Here was a case where the spasmodic action of the muscles had progressed so far beyond control as to make the ordinary activities of life dangerous to the young man who stammered. These spasmodic movements were always present in his case. This was, of course, an abnormal case of spasmodic stammering, evidencing extraordinary muscular contractions of the most extreme type. In practically every case of advanced stammering some such peculiarity is evident, resulting from lack of coordination between the brain and the muscles needed in producing any desired physical action.

Acquired Traits: Each single human being is a particular type of person and differs somewhat from all other persons. One person may resemble another in feature. Those persons of striking phys-

ITS CAUSE AND CORRECTION

ical resemblance may be classified and assembled into specified groups. However, there are in effect, no cases where one person is exactly a duplicate of another. Even twins are not identical so far as appearance is concerned. As the features of no two faces are alike, likewise, no two *mental* natures in two persons are exactly the same.

Investigators agree that the stammerer, in general, possesses a *mental nature* (or traits) sharply different in many particulars from those who do not stammer. This conclusion is based upon countless observations and experiments.

Some stammerers are bright and cheerful, while others are sullen and morose. Still others are stolid and phlegmatic. It is common for some to be nervous. Some are melancholy and pessimistic, others are joyous and optimistic.

Almost invariably the stammerer is a sensitive individual. Often he is suspicious of other persons. In many cases he has a keen imagination, and is therefore inclined to "borrow trouble," and to magnify and distort his actual difficulties.

His mental and nervous *natures* are extremely alive. His mind generates many ideas (often sound ones) but he lacks the determination and will-power to execute, even his good ideas. Often

STAMMERING

he eagerly enters into an undertaking, but he is quite likely to quickly become discouraged and relax his effort.

So far as his emotional nature is concerned, he is a human thermometer, as his emotions vary greatly in a sudden and uncertain manner, according to various influences—either internal or external. It may be said, in general, that he is brighter than the average person, but not so sound, keener but not so deep, and his failures in life are likely to be the result of a lack of steady and concentrated effort. He lacks the follow-through qualities. Naturally these are not the characteristics of every stammerer or stutterer, but they apply in a general way to this class of afflicted individuals.

The person who has been afflicted with stammering or stuttering for any great length of time, usually is quite impressionable. He may be bright, but he is also nervous and timid. Because of his timidity, he finds it difficult to meet those of superior position, and in society he is self-conscious and diffident. Often he is so self-conscious that he avoids all contact with other persons. Here you see the development of what is known as an "inferiority complex"—a mental condition in which

ITS CAUSE AND CORRECTION

the afflicted person has little chance of success in any undertaking. He is partially defeated before he starts—and too often he doesn't even start. The term "inferiority complex" means in effect, *lack of confidence*, and *confidence* is the first requisite of success in any enterprise.

The stammerer can seldom feel secure or confident. The constant thought that his disordered speech may work to his disadvantage, destroys his confidence. He feels that he is not the equal of others—also that others have a sense of superiority.

Once the stammerer acquires this feeling of inequality, he is powerless to do himself justice when conversing with other persons. Naturally, he desires to make the best possible impression when talking with others. But his feeling of "inequality" makes it impossible.

Being afraid, the stammerer naturally seeks to avoid humiliation. He shrinks from contact with superiors, or those persons who are regarded as such. He is unable to express or defend his ideas—no matter how sound they may be. The reason is apparent—when control of speech is lost, confidence is likewise gone; fear and a feeling of inferiority develop.

STAMMERING

The stammerer or stutterer should understand that fear is definitely aggravated when he yields to it, and dodges responsibilities. Determination is a priceless quality in *any* person, and is developed only by its exercise. Fear, when it is in control, builds *more* fear. So, with confidence and determination. When *they* are in control they, too, build upon themselves. They develop *additional* confidence and determination.

The Intermittent Tendency: One of the unusual characteristics of stammering or stuttering, is the tendency to be "better or worse," from time to time. This is technically known as the *Intermittent Tendency*.

While this characteristic may seem to be of small importance, the opposite is actually true. It is one of the most dangerous aspects of both stammering and stuttering. This is because the temporary periods of seeming relief may give the stammerer a false sense of security, leading him to believe that his speech disorder may be outgrown or that it may vanish of its own accord. Experience proves that this seldom or rarely happens.

The cycles of alternate "up and down," just de-

ITS CAUSE AND CORRECTION

scribed, do not occur with any regularity. They may follow one another closely, or they may be separated by a long period of time. During these seeming relief periods, the spasmodic seizures are less frequent and less intense, and nervousness, self-consciousness and fear apparently lessen in intensity.

Then, suddenly, and with no apparent reason, the stammerer's condition becomes worse. The change from a period of fairly normal speech to a state of extreme stammering or stuttering is not gradual, but almost instant. One stammerer, a bank clerk, reported that on several occasions he has awakened in the morning with the most extreme manifestation of his disorder—whereas, when he retired the preceding evening, his disorder was only mildly apparent. The change took place in his sleep, and with little to explain it. Experience shows that recovery from such a severe attack of speech disturbance, is usually a slow process.

Then again this seeming improvement brings about a feeling of relief, fear seems for the time to have left almost entirely, and the mental strain under which the stammerer ordinarily labors seems no longer to be present. His nervous con-

STAMMERING

dition seems to have very materially improved, self-confidence has returned, and with it the hope that his trouble has gone forever or that it is, at least, rapidly disappearing. With these manifestations of improvement come also a greater ease in concentration, a greater power-of-will, and a rekindling of his ambition.

Hope now burns high in the breast of the stammerer or stutterer. He goes about smiling inwardly if not outwardly, happy as the proud father of a new boy. He is at peace with the world. The sun shines brighter. Every one seems much more pleasant and agreeable. Things which previously appeared totally impossible seem now to come within the range of accomplishment. Such is the feeling of the confirmed stammerer or stutterer during the time of this seeming freedom from his speech disturbance. In his own mind, the stammerer believes that his difficulty has disappeared overnight, like a bad dream, and that normal speech has, suddenly, been bestowed upon him.

The higher the false hopes of the stammerer, and the greater his assurance, the greater is his disappointment and despair when the inevitable relapse overtakes him. For disappointment and

ITS CAUSE AND CORRECTION

despair are sure to come—just as sure as the sun will rise in the heavens in the morning.

Fate seems to play with the emotional life of a stammerer or stutterer as a cat plays with a mouse—periodically holding out the hope of miraculous escape, and then snatching it away again. And just as inevitably as the mouse is finally exhausted and destroyed by the cat—just so does the stammerer and stutterer become weaker, step by step, in the unequal struggle through which he progresses. Alone and unaided, he finds his difficulties becoming worse with each recurrence. The periods of recurrence which invariably follow the periods of relief, usually aggravate a speech disturbance and cause it to progress to a more serious stage.

With the recurrence of the difficulty, the bodily and mental reaction are almost too great for the human mechanism to withstand. Hope seems to be a word which has vanished from the life of the stammerer. His nervous condition is alarming. He is conscious of his inability to work, to play, to study or even to sit still. He fingers his coat lapels, puts his hands in his pockets and immediately removes them, bites his finger nails, nervously shifts his eyes, head, arms and feet.

STAMMERING

If he were at home, in this condition, the stammerer would probably be walking about the house, unable to read, to play or listen to music or to follow any of the accustomed activities of his life. If at business or in the shop, probably he would be making frequent trips to the washroom, to the drinking fountain, to the foreman, picking up and laying down his tools, looking out the window, shifting from one foot to another—all of which symptoms indicate an acute nervous condition, attributable to the recurrence of his speech disturbance.

Insomnia (inability to sleep) is frequently present, with its destructive and unhappy results. Sleep is irregular, fitful and inadequate. It is seldom sufficiently sound or deep to permit the needed up-building and strengthening of the body, or the restoration of vital energy through complete relaxation.

In these circumstances there is also a feeling of deep depression, the stammerer believes that the disorder can never be corrected, although just prior to the recurrence he would have insisted that he was at last free from the disorder—that it had left him of its own accord, and forever.

These conditions, both at the time of the so-

ITS CAUSE AND CORRECTION

called improvement and at the time of the recurrence of the disorder, appear in greater or less degree in the case of every stammerer or stutterer whose disorder is of the Intermittent Type.

A grave danger, resulting from these periods of temporary improvement, is the mistaken belief that the difficulty will correct itself. There is practically no possibility of it.

CHAPTER IV

STAMMERING SELDOM OUTGROWN

Probably the most harmful and often-repeated advice ever given to a stammerer or stutterer is that which says, "Oh, don't bother about it—you will soon outgrow the trouble!" It is the most harmful because it is untrue. The person giving such advice knows nothing whatever about the cause of stammering and just as little about its progress and the necessary steps to be taken to correct it.

The fact that we know of no cases of stammering or stuttering which actually have been outgrown, does not seem to alter the totally unfounded belief that stammering and stuttering can be readily outgrown.

To any one who understands the nature of the difficulty and the progress it is almost certain to make, this belief is almost as absurd as a belief that the desire to sleep can be outgrown by staying awake. But, let us examine the facts as revealed by actual records of cases. Let us dispense

ITS CAUSE AND CORRECTION

with all theory on the subject and consider the experience gained in a wide range of cases as the correct guide for straight thinking.

Is stammering outgrown? Or is it ingrown? Does it tend to wear itself out—or does it become more deeply ingrained? Is it progressive or retrogressive? Does it grow better or worse?

These are the questions that occur most frequently in my correspondence with stammerers and parents of stammerers. Hope springs eternal in the human breast—and every stammerer has hoped, and still hopes, that by some miracle, some strange intercession, he will be relieved.

Let us, therefore, look at this question, not only from one viewpoint, but several. Let us see if we cannot get at the root of the question, secure for ourselves once and for all, the true and correct answer. Then back up that answer with proof, such a mountain of evidence that there cannot be a shred of doubt left as to the soundness of our conclusions.

Why Stammerers Think They'll "Outgrow It": Throughout the many years during which I stammered so badly, I believed, literally hundreds of times, that I was outgrowing my trouble. My

STAMMERING

family believed it. Other persons encouraged me in this conclusion. But my trouble always came back when I least expected it and upon many such occasions I noticed that it returned with greater force than before.

I did not then understand the cause of this tendency. But it was an inherent tendency of my speech trouble to be better and worse by turns. Today this condition is known as the "intermittent tendency." It affects practically all cases of stammering, stuttering, and combined stammering and stuttering.

It is the basis for every stammerer's belief in the possibility of outgrowing his disorder. For a period he has extreme difficulties in speaking. He "sticks" on almost every word. He is nervous, fidgety, self-conscious—and then, suddenly, the trouble seems almost to cease. In some cases he may stammer only now and then. He thinks he is getting better; his trouble is leaving; he will soon be well, able to talk like other people—*so he thinks*.

Then comes the period of relapse. He finds himself worse again. Sticking, stumbling, halting, nervous—disheartened beyond all power to describe.

During the stammerer's lifetime this happens

ITS CAUSE AND CORRECTION

over and over again. To many it means perennial hope. To those who look the facts in the face, it is positive evidence that the period of relief is the surest possible proof of another, and inevitable relapse.

But, whatever view the stammerer himself may take of the intermittent tendency, the fact remains that this tendency is the basis of the widespread belief in the possibility of outgrowing stammering.

There is always present in any case of stammering the opportunity for a cessation of the trouble for a short period of time. The visible condition is changeable. It is this particular aspect of the disorder that renders it deceptive and dangerous. Many, who find themselves talking fairly well for a short period, believe that they are on the road to relief, whereas they are simply in a position where their trouble is about to return upon them in greater force than ever.

From the nature of the impediment—lack of coordination between the brain and the organs of speech—stammering cannot be outgrown—no more so than the desire to eat or to talk or to sleep.

Dr. Alexander Melville Bell (father of Alexander Graham Bell, the inventor of the telephone), in his work, "Principles of Speech" (page 234),

STAMMERING

pointed out the certainty of the progress of stammering and the impossibility of outgrowing the difficulty. He says:

“Stuttering and hesitation are stages through which the stammerer generally passes before he reaches the climax of his difficulty, and if he were brought under treatment before the spasmodic habit became established, his cure would be more easy than after the malady has become rooted in his muscular and nervous system.”

According to the records of the Bogue Institute, an examination of several thousand cases of stammering and stuttering, of all types and in all stages of development, reveals that after passing the age of six years, only one-fifth of one per cent ever outgrow stammering.

This means that out of every five hundred people who stammer, only one ever outgrows it. Between the ages of three and six the indications are more favorable, the records in these cases showing that slightly less than one per cent outgrow the difficulty. That means that out of every hundred children afflicted, just one has a chance at least of outgrowing the difficulty. After the age of six he has only one chance in five hundred.

Suppose you were handed a rifle, given five

ITS CAUSE AND CORRECTION

hundred cartridges and told to hit the bull's-eye at a hundred paces 499 times out of 500. What would you think of your chances?

Not much—of course.

And yet that is exactly the opportunity that a stammerer (over six years of age) has to outgrow his trouble. Practically, it is *no* chance at all.

Seems "To Disappear," But Doesn't: Not infrequently from some source will be heard a story, many times retold, to the effect that "So-and-so," who stammered for many years, stammers no longer—that his stammering has magically disappeared.

What are the real facts?

The answer depends upon the case. Usually, the story is much more a story than a fact. Few indeed have ever actually heard the man stammer before "his trouble seemingly corrected itself" and then heard him talk perfectly afterwards. Like the stories of haunted houses, there is nothing to substantiate the truth of the statement, there is no evidence by which the story may be checked up.

In the rare cases where the facts would seem to indicate the truth of the statement, it will be found

STAMMERING

that the person in question never really stammered—that his trouble was something else—lalling, lisping, or some defect of speech that was mistaken for stammering or stuttering.

Another case of seemingly miraculous relief is that of the stammerer who, finding himself unable to say words beginning with certain letters, begins the practice of substituting easy sounds for those that are difficult and thus, provided he has only a mild case of stammering, leads many to believe that he talks almost perfectly.

This person is known as the “Synonym Stammerer” and is usually a quick thinker and a ready “substituter-of-words.” If he has stammered noticeably for some time until those in his vicinity have become acquainted with his affliction, and then discovers the plan of substituting easy sounds for hard ones, he may for a time conceal his impediment and lead certain of his friends to believe that he no longer stammers.

The “Synonym Stammerer” is storing up endless trouble for himself, however. The mental strain of trying to remember and speak synonyms of hard words entails such a great drain upon his mind as to make it almost impossible to maintain the practice for any great length of time.

ITS CAUSE AND CORRECTION

In this connection, let every stammerer be warned to avoid this practice of substitution of words. It is a seeming way out of difficulty sometimes, but you will find that you are only making your malady worse and laying up difficulties for yourself in the future.

No Escape Through "Outgrowing": It is quite common to receive word from mothers similar to the following taken from a letter sent by the mother of a twelve-year-old boy: "Friends have told me repeatedly that my little boy would outgrow his stammering. I am becoming very much discouraged, however, as he is getting worse from year to year and I see no signs whatever of improvement. He does not like going to school this season."

Mothers everywhere are being told by people who should know better, that the "boy will outgrow his stammering." Even the boy himself has heard that statement so often that he has gradually begun to actually believe that he will outgrow his speech disorder.

I have frequently heard a boy with a severe case of spasmodic stammering confidently assert that he would outgrow his speech defect. These

STAMMERING

cases may be said to be exceptional. But a stammerer, like a drowning man grasping at a straw, will ordinarily look upon a slight cessation of the severity of his affliction as a sign of improvement. Until these young stammerers meet with some decisive experience, they will always think they are improving. If they only knew the real facts about their disorder they would be forced to admit that it is gradually becoming more deeply rooted in the muscular and nervous system.

Sometimes parents silence their prodding conscience by saying to themselves and others, "Oh, Johnny will outgrow that in a few years—wait till he gets a little older."

But Johnny doesn't outgrow it—that's the unfortunate part of it. In fact, the most serious obstacle in the path of a stammering child and the one factor, more than any other, that is responsible for the continuance of the defective utterance, is the widespread belief that it will be outgrown.

The late Dr. Leonard Keene Hirschberg, the medical writer, whose suggestions formerly appeared daily in a large list of newspapers, had this to say about the impossibility of outgrowing stammering:

"Often when the attention of careless and

ITS CAUSE AND CORRECTION

reckless fatalistic relatives is attracted to a child's stammering, they labor under the mistaken illusion that the child 'will outgrow it.' A more harmful doctrine has never been perpetuated than the one contained in that stock phrase. As a matter of experience, speech troubles are not 'outgrown.' They become 'ingrown.' If not corrected at first they go from bad to worse. So firmly rooted and ingrained into the child's habits does stuttering become that with every hour's growth the chance for a cure becomes further and further removed."

This statement from Dr. Hirschberg is a straightforward, practical and common-sense view of the subject.

"Gets Worse Each Year": Many letters I receive express the same sentiment as that in the following letter from a mother: "My son began to stutter when he was four years of age. We thought he would outgrow it, but each year he gets worse. He is only in the second grade and does not like to go to school. I feel sometimes that I might as well take him out of school, because he talks so badly that he can't recite and the teacher does not take much interest in him."

STAMMERING

Another mother of a stammering boy of twelve told me that her son did not stammer until he was nine years of age, but before he reached the age of eleven he was so badly afflicted that it was almost painful to witness his attempts to talk.

Even then his mother almost doubted the necessity of doing anything for her boy's speech trouble, because she thought there might be a change for the better and he might eventually outgrow his speech disorder.

In speaking of this tendency, to wait until the speech-defect is outgrown, a prominent educator insists that speech defects should be corrected during school age:

"By calming waiting for a child to outgrow speech defects," he says, "these false habits of speech may be driven in deeper and spasmodic twitching of muscles may be brought about. When first noticing any stumbling, stuttering or hesitancy in recitations, the teacher should gently check the child without attracting the attention of other members of the class and lead him to a more confident, deliberate and better articulated mode of expression, before fear and inhibition produce secondary disturbances of the entire mental mechanism."

ITS CAUSE AND CORRECTION

"Nothing to Worry About"? A young man in high school, fighting against terrific odds, wrote me, saying: "For the last four years I have attended a local high school, despite my stammering. I have 'flunked' in all my studies constantly on account of my uncontrollable tongue."

The mental strain placed upon a boy of his age with a speech disorder is great. It naturally reacts upon his physical condition. This young man continues: "Each year I grow a little worse. Now I find I shall have to attend school another year because I stammer. Sometimes I struggle until I almost faint." In this case it is evident that the mental strain of trying to keep up school work had so affected the body as to bring on a still more severe case of spasmodic stammering. My records indicate that the parents of this boy boldly stated five years previously that "there was nothing to worry about—he would soon 'get over his impediment'."

But the fact remains that his condition steadily grew worse.

Doctor's Sound Advice: Walter B. Swift, A.B., S.B., M.D., writes:

"Many people say, 'Let the case alone and it

STAMMERING

will outgrow its defects.' No treatment could be more foolish than this. No advice could be more ill-advised; no suggestion could show more ignorance of the problems of speech. Such advisers are ignorant of the harm they are doing and the amount of mental drill of which they are depriving the pupil. Nor do they know at all whether or not the case will ever 'outgrow' its defects. In brief, this advice is without foundation, without scientific backing, and should never be followed."

There is a sound scientific reason that explains why stammering cannot be outgrown. Every time the stammerer attempts to speak and fails, the failure breaks down a certain amount of his power-of-will. And since it is impossible for him to speak fluently except on rare occasions, this loss of will-power and this destruction of confidence takes place every time he attempts to speak, so that with each successive failure, his power to speak correctly becomes steadily lessened. The stammerer might be compared to a road in which a deep rut has been worn. Each time a wagon passes through this rut, the rut becomes deeper. The stammerer has no more chance of outgrowing his trouble than the road has of "outgrowing" the rut.

CHAPTER V

THE PROGRESSIVE TENDENCY

The period of intense recurrence of either stammering or stuttering which follows the brief days of improvement, often marks the period of transition from one stage of the disorder into the next and more serious stage. This transition, however, may not be a conscious process—that is, the sufferer may not in any way realize the fact that he is passing into a more serious stage of his disorder save that after the transition has taken place, he may find himself a chronic or constant stammerer and in a nervous and mental condition much more acute than ever before.

Dr. Alexander Melville Bell, referring to the tendency of speech disorders to progress from one stage into the next and more serious stage, as a result of his long experience in speech correctional work, in his work, *Principles of Speech* (page 234), reminds us that:

“Often the transition from simple to more complicated forms of difficulty is so rapid, that it cannot be traced or anticipated. Perhaps some slight

STAMMERING

ailment may imperceptibly introduce the higher (more severe, impediment or some evil example may draw the ill-mastered utterance at once into the vortex of the difficulty."

The progressive tendency is present in more than 98 per cent of the cases of stammering and stuttering which I have examined and diagnosed.

True, there are many cases in which the apparent or manifest tendencies do not indicate that the disorder is becoming more serious, but nevertheless this does not prove that the disorder is not busily at work in its many destructive processes.

Successive Stages: Stuttering may be conveniently divided into three stages, by which its progress may be measured. These may be designated in their order as:

- 1—Simple Phase
- 2—Advanced Phase
- 3—Compound Phase

The progress of the disorder is certain to take place. Take the case of a child eight years of age who has a case of primary stuttering. Permit the child to go without speech correction for some time and the disorder may progress into the advanced phase. This may occur without the knowl-

ITS CAUSE AND CORRECTION

edge of the child or his parents or even without any especially noticeable surface change in his condition.

Stuttering in its first phase—primary stuttering—can justly be called the mildest form of the disorder. In this stage, the disorder should be easily corrected. The duration of cases of primary stuttering is brief, for the reason that primary stuttering usually passes promptly into the advanced phase, which is of a more deeply seated nature, exhibiting symptoms of a mental disturbance.

From the advanced phase, stuttering usually passes into the compound phase, in which the mental strain is found to be greatly intensified.

When stuttering in this stage is permitted to continue its hold upon the sufferer, the continued strain, worry and fear bring about a condition of extraordinary malignancy, in which the trouble often develops into the chronic stage. This is a condition bordering upon mental breakdown and even though a complete breakdown may not occur, the one afflicted finds himself a chronic stut-terer, without surcease from his trouble.

Further, he often finds that he has increasing difficulty in thinking of the things which he wishes

STAMMERING

to say. He seems to know what he wants to say, but his mind refuses to frame the thought. In other words, he is unable to recall the mental image of the word in mind, and is therefore unable to speak the word. This is a condition known as Aphasia or Thought Lapse and represents a most serious stage of the difficulty, in many cases totally beyond the possibility of relief—a condition to which no stammerer should permit himself to progress.

Stammering, being a kindred condition to stuttering, progresses from bad to worse in a very similar manner. The progress of stammering may be classified in successive stages as follows:

- 1—Elementary Stage
- 2—Spasmodic Stage
- 3—Primary Advanced Stage
- 4—Chronic Advanced Stage
- 5—Compound Stage

Stammering in the elementary stage is the mildest type of stammering. The stammerer has often been known to remain in the elementary stage only a few days or a few weeks, passing almost immediately into either the spasmodic stage or the primary advanced stage. Not all stammerers pass into the spasmodic stage of the disorder, however,

ITS CAUSE AND CORRECTION

some passing directly into the primary advanced stage.

The spasmodic stage, however, is a form of difficulty somewhat akin to the advanced phase of stuttering, excepting that it is more deeply seated.

Stammering, in the primary advanced stage, takes on a more complicated form and becomes therefore more difficult to correct. If permitted to continue, this form of stammering (like stuttering) passes into the chronic advanced stage, in which case the stammerer frequently exhibits pronounced signs of thought-lapse and finds himself a chronic or constant stammerer, often unable to utter a sound—and further at times unable to *think* of what he wishes to say.

The progress of both stuttering and stammering from one stage to another is certain. These speech disorders do not differ materially from other human afflictions in this respect—they do not remain constant. There is an axiom in Nature that “Nothing is static,” which, being interpreted, means, that nothing stands still. And this applies with full force to the stammerer or stutterer. If no steps are taken to remedy the malady, he may feel certain that the disorder is getting worse—not standing still.

CHAPTER VI

HE WAITED TOO LONG

In many of the cases which have come to my attention in the past many years, the stammerer or stutterer has been afflicted with a malady more difficult to overcome than stammering, viz.: The Habit of Procrastination.

"Oh, I will wait a little while," says the stammerer. "A little while can't make any difference!" And then the little while grows into a big while and the big while grows into a year and the year grows into a lifetime and he is still stammering.

Some time ago, an old man, stooped in stature, careworn of countenance and halting of step, presented himself to me for diagnosis. His face was drawn and haggard. His eyes shifted from side to side, glancing furtively here and there.

In his trembling hands was a worn old derby which he turned about nervously as he told his story. The nervousness, the trembling of the hands, the drawn face, the shifting eyes—all this was explained by the story that this man told as he sat there beside my desk.

ITS CAUSE AND CORRECTION

"I fell from a ladder when I was ten years old," he said. "After that, I always stammered. My parents thought it was a habit—I can remember yet how my mother scolded me day after day and told me to 'quit talking that way.' But it was useless to tell me to quit. I COULDN'T quit! If I could have done it, certainly I would, for having stammered yourself, you know what it means.

"School now began to be a burden. I think I must have supplied fun for every boy on the school grounds during recess-time, for if there was a boy who didn't make fun of me and mock me and laugh at me, then I don't know who he was.

"Then one day I started back to school at noon-time, saw a crowd of boys on the corner a couple of blocks away, thought of what a task it would be to go into that crowd or try to pass it. A mortal and unreasoning fear came over me. Try as I would, I couldn't screw my courage up to the point of going past that crowd. But I had small choice. It was either go that way or stay out of school. And stay out of school I did.

"And then came the crucial day. I could not ask my parents to vouch for any absence—I dared not tell them I was not there. So I went back without an excuse. The teacher was angry. She

STAMMERING

tried to get me to talk, but I could not say a word. So she sent me to the principal. She, too, asked me to explain. Try as I would, I couldn't get the first word out. Not a sound.

"She, too, failed to understand. Result: I was expelled from school—sorry day—nobody seemed to understand my trouble—nobody seemed to sympathize with me—a stammerer.

"Although I pretended to be at school, before the week was out, my parents found out. Then a storm ensued. I tried to tell them the truth. They wouldn't listen. Father stormed and mother scolded. There seemed to be no living for me there. So I ran away from home—ran away because my parents wouldn't listen—because they wouldn't try to understand.

"Then my troubles began in real earnest. I won't worry you with the details. I got a job—lost it. Got another—lost that. How many times that story was repeated I do not know. And remember—I was but a boy!"

Here the old man stopped, his head dropped, his unkempt beard brushed the front of a tattered shirt, that had seen its day. He seemed lost in thought—he was living again those days and those nights when he had wandered an outcast from

ITS CAUSE AND CORRECTION

the world. He was living over a lifetime in a moment.

He sat there several moments—thoughts far away. Then he raised his head and there was a tear in the corner of his eye as he said, “But why should I go on? Look at me. See *WHERE* I am. See *WHAT* I am. You would think I am over 70—I am not yet 50. But it is too late to do any good. Here I am homeless, friendless, almost penniless. Nobody cares what happens. Nobody would notice if anything should happen. Nobody has a job for me—a stammerer. If I could talk, I could work. If I could talk—Oh, but why tell it again? It is too late now—too late to do any good!!”

He was right. It was too late. Too late, indeed. His might be called the story of the Man Who Waited.

First, his parents refused to listen. His teachers, even, failed to understand his trouble. And when he got out in the world he, too, delayed. He *waited*! He kept saying to himself that he would do it tomorrow—next week—next month. And tomorrow never came. Next week and next month ran into next year—and year followed year.

He Waited!! How tragic those two words. He waited! And his waiting sounded the death

STAMMERING

knell of a thousand boyhood hopes. *He Waited!!* And health slowly took wings and flew away. HE WAITED!! And the insidious little Devil-of-Fear piece by piece tore down his will-power, sapped his power-of-concentration. HE WAITED!! And that first simple nervous condition turned into something near akin to palsy.

On the tombstone of that man when they lay him under his six-feet-of-earth, they might truly inscribe the words: "A Failure"—and should they wish to set down the reason, they might add: "He Waited!"

To the stammerer's question: "When should I begin treatment for my stammering?" and "At what stage will I stand the best chance of being most quickly relieved?" there is but one answer. The time for the stammerer or stutterer to begin treatment for his malady is the day he discovers his stammering or stuttering.

The stammerer, then, to paraphrase Emerson, should "Write it on his heart that TODAY is the very best day in the year." He should remember that indecision, delay, uncertainty, vacillation, lead to suffering, heart-ache and failure, and that his only redemption lies in that golden opportunity known as—TODAY!

Part Three

EFFECTS UPON THE INDIVIDUAL

CHAPTER I

GENERAL OBSERVATIONS

Stammering and stuttering have definite effects on the thinking and actions of persons thus afflicted. The body, mind, will, nervous system, intelligence and personality of any individual are in greater or less degree affected if he is a stammerer or a stutterer.

Therefore, we now propose to discuss the situation of the stammerer as related to:

1. Effect on the Body
2. Effect on the Mind
3. Effect on the Will
4. Effect on the Nervous System
5. Effect on Intelligence
6. Effect on Personality

STAMMERING

Before discussing in detail the specific subjects named above, there are certain general observations which may be of interest and value.

Few afflictions are more annoying and embarrassing to their unfortunate possessors than stammering. No matter how keen a person's intellect may be, if he is unable, easily and quickly to formulate and utter the words expressing his thought, he is definitely handicapped in his struggle to get ahead in life. He is like a swimmer with his hands tied.

Stammering or stuttering rarely develops until the person has acquired at least a limited use of language. Also, the stammerer can usually express himself in some manner, if only lamely, and at times he may be able to speak with considerable ease. His speech disturbance begins usually with a few words which are difficult to utter. When he becomes conscious of the difficulty of uttering those words, he avoids them whenever possible. Thus he becomes still more conscious of his speech limitations.

With this growing feeling of apprehension he experiences an almost constant fear of attempting to speak at all. The fear and anxiety cause him to stumble over other word combinations, and

ITS CAUSE AND CORRECTION

when he loses confidence in his ability to utter these, he tries in the future to avoid them also.

Finally, the afflicted person almost gives up using any except a few of the easiest spoken words, and even these may in time cause him considerable trouble. Thus, many words, combinations of words, and phrases, are discarded, for the reason that their easy utterance becomes impossible. Once the disorder is under way, the individual's speech usually gradually grows worse.

The effect of his speech failure brings about a nervous mental fear, which reaches deeper than the sufferer is willing to admit—probably deeper than he can comprehend. Almost invariably it makes a deep and lasting impression on the stammerer's character and actions.

The stammerer or stutterer knows that persons who speak normally do so without thinking of their speech. They speak without conscious effort. Further, the stammerer observes that the mind of a person who speaks normally is on the *thought* being expressed, and that the words result as easily and as naturally as in walking or breathing.

As the stammerer is brought into constant contact with normal speech in other persons, as a consequence of comparison, he is apt to feel his own

STAMMERING

inferiority. That his mental nature is affected by his speech disorder probably is not so apparent to him personally. But, nevertheless, it is a fact, in some degree.

With his lack of speech control, his intellectual capacity is gradually affected. The mind develops, in some degree, in proportion to its ability to express itself, and it is only through some form of communication that human beings attain the higher degrees of intelligence.

The stammerer or stutterer is inclined to become secretive and morose. Consequently he avoids the society of other persons. With a gripping mental fear and the constant dread of speech, he often becomes gloomy and ill-natured. Whatever his development may be, it is safe to assume that his character would be different if he were free from his speech disturbance—and his life happier and more successful.

The distressing effects of stammering are pointed out by the Rev. David F. Newton, himself a stammerer for forty years, who, many years ago, expressed himself as follows:

“What pen can depict the woefulness, the intensified suffering of the inveterate stammerer, confirmed, stereotyped in a malady seemingly

ITS CAUSE AND CORRECTION

worse than death? Are the afflictions, mental and physical, of the pelted, brow-beaten, down-trodden stutterer imaginary? Nonsense! There is not a word of truth in the idea. His sufferings all the time, day in and day out, at home and abroad, are real—intense—purgatorial. And none but those who have drunk the bitter cup to its dregs feel and know its death, death, double death! These afflicted ones die daily and the graves to them seem pleasant and delightful. The sufferings of the deaf and dumb are myths—but a drop in the ocean compared to what I endured! And who cared for me? Who? I was the laughing stock, a subject of scoffing and ridicule, often. I could fill an octavo with the miseries I endured from early childhood till the elapement of forty summers.”

Probably no one else has more vividly portrayed the miserable life of the stammerer than the eminent English divine and author, Charles W. Kingsley. He, himself, was a stammerer, and he was thus able, through personal experience, to depict the agony and despair to which the stammerer is subjected. The following lines are based upon his own experience, and are almost “classical” in their interpretation of a stammerer’s life:

STAMMERING

“The stammerer’s life is a life of misery, growing with his growth and deepening as his knowledge of life and his aspirations deepen. One comfort he has, truly, that his life will not be a long one. Some may smile at this assertion; let them think for themselves. How many old people have they ever heard stammer? I have known but two. One is a very slight case, the other a very severe one. He, a man of fortune, dragged on a very painful and pitiful existence—nervous, decrepit, asthmatic—kept alive by continual nursing. Had he been a laboring man, he would have died thirty years sooner than he did.”

To the person who has never been through the suffering that results from a speech disturbance or who has never been privileged to watch the careers of stammerers and stutterers, these final results of these disorders seem impossible. The inexperienced observer can only ask in wonder: “How can stammering or stuttering bring a man or woman to those depths of despair?”

To the person who has just begun to know the sorrows of a stammerer’s life, these experiences may seem unusual and extreme, and not likely to occur in his own case.

Doubtless, if Charles W. Kingsley were with

ITS CAUSE AND CORRECTION

us today, he could look back and tell us of the day when he, too, was sure that stammering was but a passing inconvenience. He, too, could point out the time when he felt that sometime, somehow, his stammering would magically depart and leave him free to talk as others talk. And yet, Dr. Kingsley lived to suffer, to learn the grief of the stammerer, and to warn you to protect yourself by realizing the truth and taking correctional measures in time.

The investigation of the effects of any malady is not only interesting but extremely important. It is important because from an average of past effects we can almost definitely gauge future effects as related to any disorder. Letters I have exchanged with more than a quarter of a million stammerers bring many illuminating facts regarding the effects of speech disturbances upon those persons so afflicted.

The great bulk of this correspondence was with stammerers living in the United States. The second largest number of speech afflicted persons with whom this correspondence was conducted was located in Canada. And a limited amount of correspondence has been with persons living in several other countries.

STAMMERING

I was fortunate, also, in being able to make some interesting studies of the effects of speech disturbances upon speech afflicted individuals when traveling in England, Germany, and Austria, and also in Belgium, France and Italy. My investigations in other European countries were limited. But in view of the fact that my intimate association and personal study of cases of stammering and stuttering has been in much greater number with persons residing in the United States, my reports here are based almost exclusively upon the effects of these speech-disorders as related to the American standards of living.

With these general observations in our minds let us now discuss, as stated at the beginning of this chapter, the effects of stammering upon the body, the mind, the will, the nervous system, the intelligence and the personality.

CHAPTER II

EFFECT ON THE BODY

The effect of stammering or stuttering upon the body varies with different individuals. In some cases, a noticeable lack of vitality is found, together with an almost total loss of active appetite, a marked inclination toward insomnia and a generally debilitated condition resulting from the nervous strain and continued mental *fear* brought on by the speech disorder. In other cases, it has been found that the health was but little affected and that there was no marked departure from normal.

The physical condition of the stammerer or stutterer is the result of many factors. If plenty of fresh air and exercise are supplied, and the mind is well employed so that the worry does not constantly disturb the stammerer, then his chances for being in a fairly normal physical condition are good.

On the other hand, the person of studious disposition, who spends much time indoors and does

STAMMERING

not properly exercise, will probably engage in much introspection. Because of this, as well as the lack of fresh air and exercise, he may develop a physical condition which should require careful thought and attention.

Many stammerers and stutterers are below normal in chest expansion. Sometimes there is added the troubles of respiration. Often the weight of the body diminishes rapidly during the period of a mental depression. These forms vary with individuals. It is simply a question of degree. The health, while not particularly bad in many cases, is usually subject to an immediate improvement when the sufferer is freed from stammering.

Charles W. Kingsley, also has the following to say regarding the effect of stammering on the body: "Continual depression of spirit wears out body as well as mind. The lungs never act rightly, never oxygenate the blood sufficiently. The vital energy continually directed to the organs of speech and there used up in the miserable spasm of mis-articulation cannot feed the rest of the body; and the man too often becomes thin, pale, flaccid, with contracted chest, loose ribs and bad digestion. I have seen a boy of twelve stunted, thin as a ghost and with every sign of approaching consumption.

ITS CAUSE AND CORRECTION

I have seen that boy a few months after being cured, upright, ruddy, stout, eating heartily and beginning to grow faster than he had ever grown in his life. I never knew a single case in which the health did not begin to improve then and there."

CHAPTER III

EFFECT ON THE MIND

Stammering and stuttering affect the mind, in various ways. Frequently, the sufferer in the advanced stages of the disorder experiences a slight attack of "thought-lapse" (or aphasia). For a very brief period of time, the stammerer has the sensation of thoughts slipping away from him, and then of pursuing or attempting to pursue them. Sometimes the lapse is for a fraction of a second only, and in such cases the individual is able to conceal it from an inexperienced observer.

Experiences of this character should be regarded seriously and the greatest precautions exercised to avoid the continuation or recurrence of such attacks. Very often these experiences occur after dissipation or following a serious illness.

One writer, in citing instances of "thought-lapse," tells of a man unable to recall the name of any object until it was repeated for him. A knife, for instance, placed on the table before him, brought no mental image of the word representing

ITS CAUSE AND CORRECTION

the object, yet if the word "knife" were spoken for him, he would immediately say, "Oh, yes, it is a knife."

Cases of unreasoning despondency, which result in the stammerer's desire to take his own life, are so numerous as hardly to require comment. This condition seems to be more prevalent in the cases of stammerers between the ages of twelve and twenty, the records showing that most of the suicides of stammerers are persons between those ages.

Intense mental strain, an extreme nervous condition, continued worry and fear cannot fail, sooner or later, to have their effect upon the mind.

Another case where the mental strain is extremely great is that of the "synonym stammerer"—the mentally alert individual who, in order to prevent the outward appearance of stammering, is continually searching for synonyms or less difficult words to take the place of those which he cannot speak. This continual search for synonyms results in a nervous tension that almost invariably affects the mental faculties sooner or later. In my contact with stammerers, I have found that the "synonym stammerer" is usually in a more highly nervous state than most other types.

STAMMERING

The effect of stammering upon the stammerer's concentration is marked. The sufferer notes an inability to concentrate his mind on any subject for an extended length of time. Also, he finds it impossible to pursue an education with a normal degree of success or to properly follow any business which requires close attention and careful work.

CHAPTER IV

EFFECT ON THE WILL

In recent years considerable attention has been given to the effects of stammering and stuttering upon the *will*. It is certain that stammering brings about a notable weakening of the *will*. The stammerer is conscious of it. Other persons observe it even more clearly.

We call a person's *will* normal when it is reasonably fixed or constant, and not subject to definite, habitual variations.

If the reverse is true, there is evidence of will weakness.

What brings about a weakening of the will?

For some years scientists have described conditions such as fear of spaces, fear of places, and also, agoraphobia, a fantastic anxiety which paralyzes the *will*, and against which the individual is powerless to act. More recently the *fear* of speech has established itself as one of the outstanding *fears* of persons who are afflicted with stammering or stuttering.

Before the individual develops stammering or

STAMMERING

stuttering he may possess a normal *will*. But after the speech disorder becomes fixed, the equilibrium (or balance) between his intellectual faculties and his instinctive inclinations, seems to become weakened, and the *will* is naturally affected. There frequently is a disinclination to study or work, or follow anything through to its final conclusion.

The stammerer is an undecided individual. He makes plans but later abandons them for other plans. He seldom carries any plan through. He often delays writing a personal or business letter, even though he knows the letter should be written, and of the utmost importance to his interests.

As the speech disorder progresses into more serious stages, the weakness of *will* also becomes more pronounced. In the advanced stages of speech disorder, the stammerer complains of an incapacity to control and direct the faculty of attention. Frequently, he is unable, without an obvious and painful effort to accomplish ordinary mental tasks, read or master the contents of a letter, newspaper, or even a page of a book.

When abulia (impairment of the will) attacks an individual, he usually is plunged into a state of mental depression, is seized with a feeling of sadness. His character changes so greatly that the

ITS CAUSE AND CORRECTION

most constant thing about him is his inconstancy. Yesterday he was lively and happy. But today he is ill-humored and suspicious, vexed at everything or at nothing. He is disagreeable and sulky, discontented with everything. He has fits of despair.

For years I and my associates have been impressed with one outstanding characteristic of adult stammerers. Frequently, these stammerers have made appointments with us, specifying the date. Then, they change their plans completely—and later make the appointment again. Investigation of many such cases has shown that the individual was in a happy mood at the time he first made his arrangements. And that he was in an ill-humor when he cancelled his plans. With returning good humor, he made his plans again—suffering meanwhile needless distress and harmful delay.

Stammerers act in accordance with the degree of weakness of *will*. Almost all of the various inconstancies of their character, or of their mental state, can be summed up in a few words. They know their *will* to be unsteady and faltering. They do not trust it, do not know how to use it, and often would fear to use it if they *did* know how.

CHAPTER V

EFFECT ON THE NERVOUS SYSTEM

The form of nervousness considered here is a restricted and limited form of nervousness. Nevertheless it is a form of nervousness which often leads to nervous prostration. The nervousness which we are discussing is that which is the direct result and outgrowth of stammering or stuttering.

Any abnormality of a bodily function reacts upon the nervous system and frequently produces nervousness. It is, therefore, apparent that stammering cannot be present without, in some form, even though slight, producing an effect which must be termed nervousness resulting from stammering.

Almost daily we hear some uninformed person remark that stammering and stuttering are caused by nervousness. Time after time stammerers have told me that they have received treatment for nervousness, but without a single exception they have continued to stammer. However, in those very same cases, when the individuals have had

ITS CAUSE AND CORRECTION

their stammering corrected, almost invariably their nervousness has disappeared automatically, and almost immediately. I do not know of a single case in which this has not occurred. This is ample proof that nervousness does not cause stammering, but quite the contrary, stammering definitely does cause nervousness.

The speech afflicted individual no longer has normal control over his nervous processes. He is apt to be highly nervous and excitable, irritated by insignificant things. Often he is unable to sleep at usual hours. He is likely to manifest any of the symptoms common to nervous ailments, of which his condition is likely to be but the beginning.

In the stammering person there is all likelihood of a vicious cumulative, or pyramiding, condition. The stammering which caused the person to be nervous in the first place is progressively made worse by the heightened nervous condition. Each condition increases the other condition. Stammering becomes so much a condition of "within-ness" that it is futile to expect that the individual, unaided, can detach himself from his stammering—or from his nervous condition.

Admonitions from parents and friends to "control yourself" only indicate a misunderstanding of

STAMMERING

the stammerer's predicament. The stammerer most earnestly desires to "control himself" and if he could, he would do so. It is his very inability to control himself that is the seed of his speech disturbance.

Some persons are less susceptible to nervousness than are others, not only because they possess sounder nervous systems, but also because they are more fit physically. And of course, the shorter the duration of the speech disorder the less the chance for a nervous disturbance.

Whenever any emotional state exists in which there seems to be an absence of the will as the controlling factor, we think of the condition as being one of nervousness, or nervous emotionalism. But it is not only through the emotions that nervousness may be manifested. Irrational thoughts may so excite certain nervous centers that the effect is that of an overwrought mind, *which is simply another name for mental nervousness.*

The vitality of the normal nervous system is sufficient to take care of only its normal wants. Naturally an extra demand upon the nervous system eventually means a tearing down process.

Not only does indecision and vacillation affect the judgment and reasoning powers of the stam-

ITS CAUSE AND CORRECTION

merer, but the directive force of his mind, known as will power, shows a weakening under the influence of contrary mental factors. He seems to have lost the force of his mind in both selecting and concentrating upon the object of his thought.

Both will power and concentration are so closely related, one as a directive, the other as a retaining force, that they usually develop or retrograde in the same ratio. A stammerer is often chided on account of his deficient will power and concentration. Rather, he should be charitably treated in the matter and assisted in making a decision and holding himself to any given task.

Recently I met a man who was in a very nervous condition, due entirely to stammering. Rest through sleep was practically impossible. His nervous system seemed to be on the point of breaking down. This condition was wholly due to the uncontrolled and riotous nerves in their action and reaction as the result of constant worry and fear.

During a severe attack of stammering or stuttering, a person is ordinarily very excitable, even highly nervous. Nervous individuals think differently from normal persons. Frequently, their power of thinking is limited. They often lack the

STAMMERING

faculty of quiet deliberation, because they allow themselves to be carried away by their current impulses. They are not in a mood to do constructive mental work during such a period.

Also, speech afflicted persons are inclined toward pessimism. Sometimes their depressed condition develops into hysterics. One day they may be deeply grieved and the next day very joyful. This is characteristic of hysterics, and quite common among stammerers. Hysterical stammerers are inclined to see everything through black or smoky glasses, as it were. Everything appears drab and hopeless to them.

Worry and fear sap the central nervous system. Simple irritation might be relieved, but worry and fear are compound and complex disorders that produce a panic in and stampede the directive impulses of the central nervous system. Either worry or fear may be said to cause the most deplorable form of nervousness for the stammerer. They produce a constant and incessant activity of the nervous system.

The stammerer lives in constant dread of stammering. His worry about his condition, and the agitation thus produced in his nervous system reduces his vitality, muddles his thought. Fear and

ITS CAUSE AND CORRECTION

worry prevent him from reaching a decision in matters which are incident to his daily life. Stammerers become vacillating, uncertain, and develop a lack of decision. It is not always true that the stammerer is lacking in judgment, but his method of expression reacts against him, and his listeners ascribe to him deficiencies and delinquencies which may not truly exist.

A speech disorder produces such an over-strain that it may induce grave disturbances of the nervous system and mental faculties, the consequence of which may be felt for the remainder of a stammerer's life.

It is frequently said that normal emotions are invigorating and conducive to healthful growth. Likewise it is also known that pent up emotions, strained or stressed emotions, and exaggerated emotions are detrimental to a healthy condition of both mind and body. Whenever, therefore, an emotion is prevented from finding a normal outlet, it may immediately be inferred that an abnormal relation exists between one or more physical or mental functions.

The constant drain upon his vital powers forces the stammerer to become daily more conscious of his condition. When self-consciousness becomes

STAMMERING

firmly rooted in the stammerer's mind and he feels a sense of weakness and shame, he reaches the stage where his condition becomes acute. No one, except a stammerer, will ever know what this suffering is. The stammerer feels it, constantly and intensely and his central nervous system pays the penalty.

The stammerer suffering from nervousness, as a result of a speech disorder, can not expect to secure a complete restoration of self-poise, will power, and concentration, until he has been relieved of his stammering. Too much stress cannot be placed upon the impossibility of relieving the stammerer of worry and its attendant evils, if he continues to live under the depressing influence of his speech disorder.

Conservation of the nerve force restores will power. The control of the nervous system by the *will* tones up both the body and the mind and the habitual control of his nervous energy gives expressive power to the mind and strengthens the intellectual processes. For the complete building up and the proper functioning of the nervous system, stammering must first be eliminated.

CHAPTER VI

EFFECT ON INTELLIGENCE

Anything that retards the acquirement of knowledge by the child has a corresponding influence upon the mental development of the child. Further, it hinders his ability to retain knowledge. This identifies the intellectual status of the child. A child thus hindered is not, intellectually, a normal child.

The Binet-Simon Intelligence Tests are based upon the theory that normal children should reach a certain point of mental development at a given age, which is the point reached by the average child of a certain age. Further, the development of intelligence must continue without interference, year by year, if the boy or girl is to reach, at a certain age, a given point in the standard intellectual scale.

The affliction of stammering exercises a profound and far-reaching influence upon the intellectual development of persons troubled with stammering and stuttering—among adults, as

STAMMERING

well as children. These speech disturbances cause a slowing up of mental development, and frequently inhibit to a great degree the activity of the intellect of the stammerer at an early age. The Binet-Simon Tests show to what degree, measured by years, the retarded child is behind in normal intelligence. It may show a fifteen-year old child as having a twelve-year old mind.

Intelligence tests, almost without exception, show that stammerers or stutterers cannot pass the standard intelligence tests for their age. They are, as a rule, backward in their studies. Very often there occurs an inability to concentrate thoughts upon one point. In addition to the lack of normal intellectual development, there is also frequently found among advanced stammerers a striking weakness of memory. The trend of thought is lower and slower, which gives the effect of mental backwardness, indolence, inattention, and other characteristic attitudes of the mind that are indicative of a much lower order of intelligence than the stammerer in reality possesses.

It is no wonder that persons who are troubled with speech disturbances become backward in their studies, and in most instances do not advance as far as they should in their school work. If any-

ITS CAUSE AND CORRECTION

one—this is particularly applicable to children—is in bad humor, if he is nervous, and possesses an emotional fear, naturally he is inclined to be absent-minded. If attention is lacking his mind does not absorb knowledge normally, and it is difficult for him to retain whatever he has learned.

To indicate how completely young persons have failed to keep up in their studies, I will refer to a few striking cases. A boy of fourteen years of age, who has failed to advance in school, and who finds stammering a handicap of serious proportions, told me: "I am fourteen years old and only in the fifth grade. I am afraid to recite because of my stuttering, and because of my not reciting when my teachers call on me, I am getting low marks in school and do not know if I will ever get through."

Another boy told me: "I am now in the third year of my high school course. On the first day of the term I went to school, I made such a miserable thing of myself that I quit. The school superintendent and principal saw me when I came back the second day as I was carrying my books out. Of course, they stopped me and I made an explanation. I couldn't tell any of the new teachers my name. It was impossible to make any kind of

STAMMERING

a recitation. I was introduced to all of my teachers and have been *stumbling along* ever since with grades anywhere from 0 to 60."

Influenced by the constant feeling of inferiority and by the ridicule aimed at them, many stammerers quit school long before their school work is completed. In giving his experience a boy expressed himself: "I am one of those stammerers. My twin brother and I go to the same school, but he gets along much faster than I do. He graduated last spring and I am still in the sixth grade. I did not even pass last spring. My brother gets along faster than I do because he does not stammer and I do. The teacher never calls upon me to recite. She acts like she doesn't want me in school. I have a job now and I am not going to school next fall, and I hope she will be satisfied when I am not there."

As a rule, teachers find that stammering children fail to keep pace with normal children of their own age, the difference becoming more and more manifest as the age of the children increases. In the earlier years, while in the early primary grades, there probably was not a marked difference in mental ability between the normal speaking and the stammering child, but in the more

ITS CAUSE AND CORRECTION

advanced grades the difference is accentuated and the gap between the two groups of children is usually in direct proportion to the severity of the child's speech disturbance.

Teachers, generally recognize that failure to be promoted has a disheartening effect upon the pupil afflicted with stammering, even going so far as to result in an actual aversion toward school attendance. Frequently it results in the "skipping" of classes, and often in quitting school altogether.

The following remark from a teacher gives an idea of one experience: "I have in my class a boy fourteen years of age, who stammers badly. He is not getting on at all well in his studies. He cannot read aloud or recite and during the past few months he cannot seem to keep his mind on his studies. I have done everything I can for this boy and I feel that some definite steps must be taken to get him over his stammering, or I fear he will quit school this winter."

The significant thing about the above letter is not that the boy is about to terminate his school career, but that he *cannot seem to keep his mind on his studies!*

The mental abstraction, absent mindedness, indifference, inability to concentrate or to do any

STAMMERING

sustained work of a mental nature are characteristic of stammerers and stutterers. Loss in the power of perception, diminished memory power, and dulled faculties, follow naturally. All these conditions lead to the one inevitable result—an *under development* of intelligence.

Those who bravely continue school in the face of their handicap, are fighting against terrific odds. In writing of this, a high school student stated: "For the last four years, I have attended a local high school, despite my stammering. I have 'flunked' in all my studies constantly, on account of my uncontrolled tongue. Each year I grow a little worse. Now I find I shall have to attend school one extra year because I stammered. Sometimes I struggle until I almost faint."

In this case, naturally the mental strain affected the body, and brought on a type of spasmodic stammering from which the body had already begun to feel a debilitating effect. The intellectual faculties cannot function in their normal way when the nervous strain is great enough to react so unfavorably upon the body.

Normal boys and girls must continue to develop intellectually, as well as physically, if they wish to attain the true and full stature of manhood and

ITS CAUSE AND CORRECTION

womanhood. Otherwise, due to their inefficiency, they will lose out in the race of life.

Dr. Walter Babcock Swift, A.B., S.B., M.D., expressed himself in regard to speech defects as follows: "Efficiency is the order of the day. The advice of efficiency experts is being considered in the management of all sorts of business. Now, the man with speech disorder falls most assuredly into the class of inefficient workers. He cannot deal clearly, quickly, and adequately with the people with whom he comes in contact. His faulty speech makes it impossible for him to externalize his own conceptions so as to satisfy those whom he serves."

And he continues: "One of the most obvious, far-reaching, and serious results of speech defects among young people is the interference which it causes in their education. Expert examiners commonly find that children with defective speech fail to keep pace with other pupils in their own grades where they are under teachers who are ignorant of how to eliminate the defect. It is less common but vastly more important that pupils with speech disorder fail of promotion. Pupils that have brought all the rest of their school requirements up to the standard that would warrant promotion are kept from promotion by some

STAMMERING

marked speech disorder and by this alone. There are more numerous cases of this sort than we have any idea of. This is not the place to discuss the question whether such pupils should be promoted or whether they should be kept back. I merely want to call attention to the facts as an illustration of the way in which speech disorder impedes education.

“There are still more cases than this. I have in mind a stutterer who became so nervous from his speech defect that even his physician wanted him removed from school. There was no treatment undertaken in this case. In fact, no effort was made to relieve him of his difficulty. His education was not merely impeded, it was stopped altogether. Such cases are not numerous, but they are numerous enough to afford another illustration of the importance of our subject. We even find numerous children whose defective enunciation or total lack of speech does not hinder or impede their education, but prevents it at the very start.”

Dr. Luther M. Gulick in his work “The Habit of Success” describes the situation of the stammering child most clearly as follows: “If you take a child that is really subnormal and put him in

ITS CAUSE AND CORRECTION

school with other normal children, he cannot do well no matter how hard he tries. He tries again and again and fails. Then he is scolded and punished, kept after school and held up to the ridicule of the teacher and other students. When he goes out on the playground, he cannot play with the vigor and skill and force of other children. In the plays he is not wanted on either side; he is always 'it' in tag. So he soon acquires the presentiment that he is going to fail no matter what he does; that he cannot do as the others do and that there is no use in trying. So he gives up trying. He quits. That is the largest element in the lives of the feeble-minded—the conviction that they cannot do like others, and is the first thing they must overcome if they are to be helped. There is no hope whatever, of growth, as long as they foresee they are going to fail."

And so it is universally conceded by educators that one of the most serious and far reaching results of speech disturbances is the interference which the disorder causes in the stammerer's education—and in the resulting deficiency in intelligence.

CHAPTER VII

EFFECT ON PERSONALITY

Frequently, we hear a person referred to as having a pleasing personality. Also, we are all acquainted with persons whose personalities are *not* so pleasing. Everyone enjoys and seeks the person who possesses a nice personality, and avoids the individual who is the victim of a bad personality.

The person who possesses an attractive personality invariably succeeds in life to a much greater extent than if he did not possess that desirable characteristic. So the question naturally arises: What are the elements that cause one person to have a good personality, and another to have a disagreeable personality? There are many things, of course.

The variations of personality found in persons afflicted with speech disorders take on a great many forms. It is not my intention to discuss all of them, but to consider only those factors in personality that are influenced by stammering and stuttering. In some of the less severe cases the effect is only minor, but in the more advanced

ITS CAUSE AND CORRECTION

cases the unfavorable effect is pronounced. And in the far advanced cases the personality is warped to such a degree that it is completely and disagreeably transformed.

Alterations of personality usually appear with extended sickness, worry or some personal condition which brings about nervous disorders.

Even slight embarrassments may result in shyness or timidity, and these conditions are, as every one knows, a great hindrance in the development of a pleasing personality.

Almost invariably, the stammerer is over-sensitive about his speech disturbance. Usually he attempts to conceal it, thereby developing a sense of shame, which is so destructive of personality. No one can have a pleasing personality if he is burdened with a feeling of shame.

As we have learned, stammering causes nervousness. Then, nervousness, coupled with emotional worry, results in a state of melancholy, fear and depression. Finally, there develops a morbid state of mind, with extreme alterations in personality. These changes materially affect the character of the sufferer. He seems no longer to be the same person. And, in effect, he is not. His personality has changed, and greatly to his disadvantage.

CHAPTER VIII

WHAT CHANCE HAS A STAMMERER?

The person troubled with stammering or stuttering has only a limited choice of occupations in which he may engage successfully. Most occupations require fluent speech. This is especially true in the business world. Without normal speech a person is almost barred from entering any of the professions. Those stammerers who have taken up any of the professions, or salesmanship, have constantly been discouraged.

Consequently, it seems that an occupation in which fluent speech is not required is the occupation that the stammerer must pursue. Such occupations are the only ones in which a stammerer may hope to attain a normal degree of success.

In mechanical pursuits the stammerer may be able to follow his vocation without talking constantly, but even in this vocation at times he is required to talk, and too often he becomes the subject of jest by his fellow workmen. In case he

ITS CAUSE AND CORRECTION

is subjected to the unfavorable attention of an irritable foreman, he will spend his days in fear and misery.

It is necessary, of course, for most men, even though they do stammer, to undertake some occupation when reaching manhood. The stammerer finds himself so hampered in his choice of occupations that his whole nature suffers.

For years, I have heard from the lips of stammerers and stutterers themselves the distressing stories of their never-ending difficulties and disappointments because of their inability to successfully compete in the business world with persons who possess normal speech.

It is illuminating, in attempting to comprehend the problems of the stammerer, to know just what is the general attitude of big business firms toward the employment of persons who are troubled with speech disturbances.

To understand their attitude and get these facts from business concerns in the most accurate and impartial manner, some time ago I engaged an independent research bureau to learn what employers really think of the stammerer; to determine how widely stammerers are employed; to what extent they are discriminated against; what

STAMMERING

kind of jobs they hold; what pay they get—and where they stand when promotion time comes.

This bureau contacted a number of the foremost business organizations in the United States and made an impartial, fair and logical analysis of the business situation in so far as it deals with employees who stammer.

The information was obtained from 84 of the leading business firms of the United States. The list includes the leading manufacturer of bathroom fixtures, the largest publishing house, the foremost men's clothing maker, the biggest cash-register concern, a building material company, a large soap maker, a great railroad company, several tire and automobile companies, an express company, a nationally known life insurance company, and so on down through a complete and representative list of American business organizations.

These firms were asked the following eight questions:

1. Do you employ stammerers?
2. In what lines of work do you find it possible to employ stammerers?
3. In what lines of work is it impossible to employ stammerers?

ITS CAUSE AND CORRECTION

4. Do you pay the stammerer the same compensation as you do the person of normal speech?
5. Do you note the stammering defect in applicant's record?
6. Do you note the stammering defect in employment records?
7. What is the approximate number of stammerers employed by you at present?
8. Have you any knowledge of stammerers becoming successful? What is the nature of their work?

Although it is estimated that there are 1,125,000 stammerers in the United States, these 84 concerns—employing hundreds of thousands of people—employ a total of only 305 stammerers. Of these 305 stammerers, only seven were reported to have positions which pay better than a living wage—positions which have a future.

One big chain drug company states that they employ twelve men who have some slight speech impediment but among them “no pronounced stammerers.” Another huge business reports that they know of “no outstanding successes,” made by stammerers. A giant firm having 7,000 employees reports that they employ only ten stammerers. And another firm expresses itself thus—“We have never considered for employment stammerers, or

STAMMERING

persons who were deaf, blind, maimed or lame.” So it would appear that this company, economically, classes the stammerer among the maimed and blind.

Let us look at the answers to the second question, which is: “In what lines of work is it possible to employ stammerers?” Twelve firms employ stammerers in positions requiring little talk. Nine firms give them employment in the factory. The other firms give them employment in unskilled labor, in machine work and mechanical positions, in assembly work, in clerical help, bench work, production work, piece work, running a typewriter, testing machines, inspections—50 per cent of this work being such that outside personal contacts are not necessary.

Summed up, what does the foregoing mean? It means that these employers confine the employees who stammer to inferior work, to work requiring manual labor, detail work, work which the rank and file can perform. Work suitable, perhaps, to the young man just starting up in business life, but not work which pays a satisfactory salary to a man who supports a family.

In proof of this, let us analyze the answers of these firms to the third question: “In what lines

ITS CAUSE AND CORRECTION

of work do you find it *impossible* to employ stammerers?"

Fifty-two firms replied that they find it impossible to employ stammerers where fluent speech is necessary: in selling, in the office, in contact with the public, as directors or foremen, or executives. And those are the particular positions which pay the large salaries, which give one the opportunity to rise in the world, which enable one to "salt away" savings for a rainy day, which provide for one in his old age, which enable one to give his family the better things of life, and which enable one to educate his children. But those are the positions which are denied the stammerer.

Happily, 64 firms report that they pay the stammerer at the same rate of compensation as the non-stammerer.

Twenty-three firms said they employ stammerers (the total being 305). Twenty-two firms reported that they do not employ stammerers. Twenty-three firms did not answer this question.

Of the 305 stammerers only seven have risen to anything like a superior position. One managed to dictate letters every day. One is employed as a copywriter and advertising man. This man is connected with a firm which employs ten stam-

STAMMERING

merers out of a total employment roll of 7,000 persons. One man is trying out as a salesman, and although he secures orders, the employer remarks that he irritates the customers.

Another firm employs 25 stammerers—*on staff work only*, where there is no future. Two of these stammerers have executive positions on this staff—but these two have been partially restored to normal speech. One firm replies that it does “not recall any stammerer promoted to better than manual labor.” One firm reports a man who stutters badly has qualified in sales research work. Another house has a cashier who stammers. A big pharmaceutical house says: “We will not hire stammerers unless applicants are relatives or particular friends of a good employee.”

An outstanding feature of most of the firms contacted is that they do not and cannot employ stammerers in any but the most elementary and poorly paid positions. The information given by these leading firms clearly points out the unfortunate fact that business does not want to employ stammerers. Business does not want to pay stammerers. Naturally, the young man who stammers or stutters finds it mighty hard to progress in business under the handicap of stammering.

CHAPTER IX

A HEART TO HEART TALK WITH PARENTS

In the minds of many parents of stammering children there are three mistaken beliefs which must be eradicated before the child will have an opportunity to regain normal speech.

These beliefs are:

1. That the child will outgrow his trouble and therefore need only be permitted to "grow older," at which time the trouble will disappear.
2. That the child could stop stammering if he would try—that the trouble is but a malicious habit of the child's, which he could stop if he would.
3. That the child's trouble is hopeless and that nothing can be done for him.

All of these beliefs are entirely fallacious and based purely upon ignorance of the cause and progress of the child's trouble. There is not the slightest scientific foundation for them, they are not beliefs based on facts or upon experience—yet in many homes, they constitute the chief obstacle between the stammering child and his restoration to normal speech.

STAMMERING

As long as you believe that your child will outgrow his or her trouble, you take no steps to have the disorder corrected.

What happens?

The trouble becomes worse from month to month and from year to year, until in many cases where the "outgrowing belief" persists, the trouble passes into a chronic stage and the stammering child becomes the stammering man or woman, condemned to go through life under a handicap almost too great to bear. Write it on your heart that your child will not outgrow his trouble.

If you, as the father or mother of a stammering child, cling to the second belief, that your child could stop stammering if he would try, then I can see from this distance that your child has stored up for him in the future, more than his share of misery. For as long as you believe that he can stop of his own free will, you will be impatient with him when he stammers. You will scold him and tell him to "stop that kind of talking!" Thus you will irritate him, and bring to his heart that sickening sensation that he is totally helpless in the grip of his speech disorder and yet—"Oh, why will they not understand?"

Like the first belief, this theory that the child

ITS CAUSE AND CORRECTION

could stop if he wanted to, is based upon ignorance. No mother or father who has ever experienced the sensation of fear that grips the heart of the stammering child when he tries to speak, will say that he could stop if he would.

I say to you—and I want to emphasize this—that the first and foremost ambition of your child who stammers, is to be free from it. The greatest day of his life will be the day when he can talk without that fear, without sticking and stumbling and hesitating over his utterances.

I say to you again—if that boy or girl of yours could stop stammering, he or she would stop it this very instant. They would never stammer again—if they were endowed with the power to stop. But they are not. That is the very seed of their trouble—their inability to control the actions of the vocal organs so as to produce normal speech. They have lost the control of those organs and they cannot of their own volition reestablish that control.

The third belief, that stammering cannot be corrected, is so easily demolished that I shall devote but little time to it. It, like all false beliefs, has its foundation in ignorance. The mother or father who knows the facts, knows also that stam-

STAMMERING

mering can be corrected. You may not *know* now whether your boy or girl can be restored to normal speech, but you are offered a way to find out—definitely and positively.

Put your beliefs to one side—whatever they may be. You can get the facts if you want them. You can learn the truth if you will. Truth is better than false beliefs and facts are better than superstition or hearsay, which in every case leads to misery, dejection and despair—a ruined life where a successful, happy and contented life might have been, except for stammering.

You have a well-defined responsibility to your son or daughter. You have a duty to perform—that is, to equip that boy or girl of yours to go out into the world as well equipped as any other boy or girl—and that means equipped with perfect speech—without which they will be too greatly handicapped to fully succeed.

Part Four

CASE HISTORIES OF STAMMERERS AND STUTTERERS

CHAPTER I

BASIS OF STUDY AND OBSERVATION

During the 38 years I have conducted the Bogue Institute, I have, naturally, come into personal contact with almost every conceivable type of stammering and stuttering.

In the following pages you will find a brief history of certain typical cases of stammering and stuttering as they have come under my observation at the Bogue Institute.

It should be understood that the Bogue Institute does not undertake to correct the speech difficulty of any person unless our examination convinces us, reasonably, that the disorder is such that it *can* be corrected. It should be understood also that the

STAMMERING

correctional methods used by the Bogue Institute require the personal direction and supervision of the Institute's staff. This necessitates, naturally, the actual presence at the Institute of any person we accept and enroll—the period of instruction varying with the severity of the affliction.

CHAPTER II

DETAILS OF 25 CASE HISTORIES

The case histories which follow cover a wide variety of conditions, and are of unusual interest.

(The number shown at the beginning of each case history in the following pages, is based upon our own decimal system which identifies each specific case in terms of type, duration, stage, etc.)

Case No. 65.435—This was a boy of 8, brought to me by his mother after he had experienced untold trouble in school. The boy complained of a pain in his head when making an effort to talk or after having spoken under the strain for some minutes. I found the spasmodic contractions accompanying his disorder to be very pronounced for a boy so young in years and upon making the examination, was not surprised to find his to be a case of combined stammering and stuttering.

There was no indication of Thought Lapse, but there was a condition that could easily have been mistaken for it—viz., a woeful lack of confidence in his own ability to speak, which in this boy's

STAMMERING

case was due to the fact that he had stuttered almost since his first word and had rarely spoken words correctly.

As has been previously explained, every child learns to speak by imitation and his confidence in his speaking ability must be gained by constant reassurance from some source that he can and will speak normally. Early in life this boy had found that he was *not* speaking normally and at that moment began to feel the lack of confidence which had been growing upon him daily.

Although in the midst of his school work, arrangements were easily made to remove him from class and place him for instruction. Notwithstanding the fact that his trouble was unusually severe for a boy of that age, seven weeks' instruction at the Institute saw his confidence regained, his speech under perfect control and his physical condition greatly improved. He returned to school, where his unusual proficiency enlisted the aid and cooperation of his teachers to such an extent that he was able to finish the semester with his class.

Case No. 7.232—This was another boy of early school age, whose case is described here because of the contrast to the one just mentioned. This boy

ITS CAUSE AND CORRECTION

was soon to be 10 years old. He had stammered, not since his first word, but only since he had been allowed to play with two children, twins, who lived in the neighborhood, and both of whom had stuttered since their first attempts to speak.

While I never examined the twins, it would seem that they had acquired their speech disorders from their father, he having been an inveterate stammerer. Be that as it may, this daily environment of stammering in a neighbor's family caused the boy whose case I am describing to acquire a habit of imperfect enunciation. This took the form of stuttering, and all the home efforts of his mother and father had failed to eradicate it.

At the time he was brought to me, I gave him a careful examination, traced his trouble back to its original cause—Unconscious Imitation—diagnosed his case as one of Primary Stuttering and recommended the procedure to be followed. This boy left my care after three weeks and, to my knowledge, experienced no further difficulty to this day. He is now a man and engaged in work that necessitates his making impromptu speeches almost every day.

Here was a case of Primary Stuttering, which yielded almost magically to corrective methods,

STAMMERING

but had it been allowed to continue, doubtless it would have progressed into more advanced and severe stages of speech disorder.

Case No. 518.469—This young woman, daughter of a socially prominent real estate man, began stammering when 6 years of age, as a result of sickness. No other member of the family stammered. She did not go through the stuttering stage, but her original speech disorder was stammering.

When she was 18 years old, her father brought her to me for examination. She was the victim of spasmodic stammering, and was nervous and excitable. She stopped school when 16, because she was so unhappy while there. She was downcast almost to the state of despair. Her condition was really extremely sad.

The diagnosis showed that she had no organic defect of the speaking organs. Her father placed her under my care and instruction. Above everything, this young woman desired to learn to talk normally, and she proved to be a good student. In six weeks she was restored to normal speech. She became happy again, and her nervousness completely disappeared.

ITS CAUSE AND CORRECTION

After returning home she again entered school and was graduated from college.

Case No. 986.523—A Polish boy, who found it almost impossible to begin a word or a sentence. In describing his case to me, he finally managed to say: "Before I utter a word it takes me a long time and after I utter the word, I become red in the face and so excited that I don't know where I am, or what I am doing!"

I found this boy to be extremely high-strung and easily excited. He was of an emotional type, exceedingly sensitive about his disorder and brooded over it constantly, having long fits of deep melancholia that were a constant source of worry to his parents. He was furthermore at a critical age, from the standpoint of his speech-development, just approaching 16.

Although naturally of an agreeable disposition, his trouble had made him irritable and often sullen. He wore an air of dejection almost constantly. It was evident to me immediately upon examination that his disorder had had a grave effect upon his mind and that it would in time (and not so long a time, either) have a deep and, probably, permanent effect.

STAMMERING

It naturally would be expected that his symptoms would indicate Thought Stammering, but this is not true. Instead I found his to be a severe case of spasmodic stammering, in which the convulsive action took place immediately upon an effort to speak and which resulted, therefore, in the inability to express a sound—the “sticking” tendency so common to stammering and particularly to this type.

While worry over his stammering had left him in a mental state that made him impotent so far as normal mental accomplishments were concerned, still the removal of his stammering by the eradication of the cause would, I felt, entirely relieve the condition of mental flurry and stop the nervousness.

The case was so urgent that the boy's parents decided to place him under instruction immediately. The results were so gratifying as to be almost unbelievable. Within a few days the boy's whole mental attitude was changed. His outlook on life was different. He felt the thrill of conquering his difficulty and before many days he was working like a Trojan to regain perfect speech.

At my suggestion, he remained with me for seven

ITS CAUSE AND CORRECTION

weeks, at the end of which time he went back East, freed from stammering. He was smiling now, when before he seemed to have forgotten how to smile. He was full of life, enthusiasm and ambition. No one who had seen him the day he first came to me, could realize that this was the same boy that had entered a few weeks before with the desire to live almost extinct. There are hundreds of cases not far different from this. I have cited the case of this Polish boy to show what a complete transformation is made in the mental state by a few weeks' work along the right line.

Case No. 319.443—Here was a young man, son of a prominent hardware merchant. He began stuttering slightly in infancy. His mother was unable to recall accurately anything which might have been responsible for the development of his speech disorder. As a child he was extremely nervous, and his mother suggested that the stuttering probably resulted from "nervous weakness."

The stuttering continued throughout the years in a mild form, never being severe enough to cause any alarm in the family. During his first few months in college, the young man discovered that

STAMMERING

in addition to repeating his words or syllables as he had done for years, he had acquired *hesitation* in speech. This added to his difficulties. His speech condition worried him so greatly that he gave up college.

He consulted me when he was 19 years of age. Although the case was diagnosed as combined stammering and stuttering, the stammering was much more pronounced than the stuttering. He was nervous and fidgety. Being earnest in his desire to overcome his handicap, he was with me for seven weeks. Then he returned to his college, with nervousness vanished, and as he expressed it, with "the speech of an orator."

Case No. 87.522—Here was a case of a type that is very, very common. It was that of a girl, 17 years of age, from a distinguished family, well educated, and having all the marks of careful training in a home of refinement. The most marked characteristic of her case was the tendency to recur. In other words, she was an intermittent stammerer, who had believed (as had her parents) that periods of temporary improvement were an indication that she would soon outgrow the trouble permanently.

ITS CAUSE AND CORRECTION

“If Marie still stammers by the time she is 18 ——” this had come to be almost a household word, for if she stammered at that time, it was the intention of her parents (so they said) to have the girl’s stammering corrected. As was to be expected, she continued to stammer and continued to get steadily worse, although the tendency to be better and worse by turns was maintained throughout the years. The periods of improvement were eagerly seized by her parents, year after year, as indications of permanent relief, while the periods of relapse were seldom spoken of and usually ignored.

It was another case of the old saying that: “We like to think that the thing will happen which we want to happen.” And since they wanted the daughter to outgrow her disorder, they insisted in believing, despite their own unexpressed fears, that the daughter would “eventually get over it!”

She did not get over it, however, and the critical age of 16 brought on a condition so severe that her parents became alarmed about her and sought advice as to what should be done.

An examination of her case developed the fact that fright had started her stammering—fright

STAMMERING

caused by a nurse who had tried to discipline the girl when small, telling her that the "bad man" would get her if she didn't do certain things as told. Discipline, through fear, is never a safe procedure and in this case had been carried to extremes on many occasions, finally resulting in the child's becoming a stammerer.

Her stammering was in an advanced stage and, according to her own statement at the time the examination was made, she had become much worse in the last two years. At the age of 15 it seems that the members of her family felt secure in the belief that her disorder would pass away, but at the age of 16, the condition became critical.

Two and a half weeks' instruction worked a wonderful improvement in the girl's condition. At the end of which time she was compelled to return to her home because of a death in the family. She remained at home for almost a month, after which she returned to me to complete her instruction. Even under such an unusual and unfavorable circumstance as this, she remained with me the last time only four weeks, and has, according to her report, never stammered since, nor has she ever been oppressed by the overpowering sense of fear

ITS CAUSE AND CORRECTION

that formerly seized her when she thought of trying to talk.

Case No. 53.139—At the request of her parents I examined this girl when she was 13 years of age, during the summer of 1903. The examination showed that she was troubled with a severe case of stuttering, which was retarding her progress in school. She was in good health, excepting that she was quite nervous.

Her parents sent her to us promptly following the examination and a few weeks' instruction was sufficient to correct her speech disorder. Also, her nervousness disappeared. Reports from her teacher the following fall showed that her school work improved to a great degree after normal speech was restored.

Later she married. For years this woman has been a civic leader, often making speeches to large audiences.

Case No. 84.563—Diagnosis in the case of this boy showed a case of combined stammering and stuttering. It was caused, probably, by association with an old man who was janitor in a woodworking plant belonging to the boy's father.

STAMMERING

The janitor had stammered ever since anyone about the place had known him, and probably all of his life. This man had tried to hold down several jobs of consequence, but with varying success, dropping down the ladder rung by rung until he reached the place of janitor. The boy in question, having associated with the old man, early acquired the habit of mocking his defective speech, with the result that he himself soon began to stutter. This later progressed into a case of combined stammering and stuttering.

He came to me at the time he was 28, having found it necessary to go to work on his own account, upon the failure of his father's business. I explained to him that his was a case of combined stammering and stuttering, outlined to him the probable course of his disorder and told him what he might reasonably expect if he permitted it to continue.

Having been married only a short time and being rather reluctant to leave home for the length of time necessary for relief, he decided to postpone having his stammering corrected until some later day. I heard nothing more from him for almost three years, when he walked in one day, looking like a shadow of his former self. There were dark

ITS CAUSE AND CORRECTION

rings around his eyes, his gaze was shifty and I could hardly believe that this was the young man who had consulted me three years before. Nevertheless it was the same man.

His disorder had become steadily worse, until it had almost destroyed his self-control. He had become nervous, irritable and cross, without meaning to be so, had lost one good position after another and finally, as a climax to a long string of misfortunes, his wife had left him, declaring that she would not put up with him in such a condition.

A second examination revealed the fact that his stammering had progressed so rapidly since he had last talked with me, that it was now perilously near the stage known as Thought Lapse. His control was not entirely shattered, however, and he was accepted for instruction. He was with me a little more than two months, and those two months did a wonderful thing for him. He was restored to first-class physical condition, all traces of his stammering were removed and he regained his mental equilibrium.

Later, as a result of his restoration to perfect speech, his family differences were adjusted, and at last reports, he was making splendid headway in a business of his own. Here you see the power

STAMMERING

of stammering to destroy even home and happiness itself and, likewise, the power of perfect speech to restore the priceless things of life.

Case No. 751.349—These facts concern the son of a man who ranks high among the country's business men. This boy began stuttering when 4 years of age following an illness. His parents did not give his speech disturbance any particular consideration. They thought it would disappear in due course of time.

The boy's early education was received in private schools. At the age of 18, while attending Yale University, his speech disorder became so pronounced that he felt that he could not continue with his university course. It was at this time that he came to me for consultation.

Diagnosis showed him to have spasmodic stammering. He had no physical defect in the organs of speech, was in good health, excepting that he was somewhat nervous. All conditions seemed favorable for quick relief from his speech disorder. He decided to take our instruction, and started at once, even though he was in the midst of his university course. Having a bright mind, he was able to finish his work with us in one month, when he

ITS CAUSE AND CORRECTION

returned to his university studies, with normal speech restored.

Case No. 465.722—This man, born in Ireland, came to this country as a boy, and his speech disorder was the result of a blow on the head, received in a street fight soon after he landed in America.

When he came to me he was 52 years of age and not only did he have one of the most severe cases of spasmodic stammering I have ever seen, but he was in the advanced stages of Thought Lapse. He was practically speechless all of the time and his disorder instead of manifesting an intermittent tendency as it had formerly done, was now constant, indicating that he was in the chronic stage of his difficulty. Aside from his spasmodic stammering, he seemed unable to think of the things which he wished to say. In other words, his trouble had been with him so long that he had lost the power to recall and control the mental images necessary to the formation of words. The disorder had affected him mentally.

I examined him thoroughly, and was convinced that there was little or nothing I could do for him and so I told him. He had waited too long. He acted as if dazed for a few moments, and when

STAMMERING

the full force of the situation dawned upon him, it was as if a cord had snapped and broken. Hope was gone. And as he turned and left me I knew from the droop of the shoulders and the hang of the head, that life meant but little to him then. He was merely waiting—waiting for the last page to be written and his book of despair to be closed.

Case No. 783.449—This man began stammering at the age of 8, the result of excitement brought on while witnessing a horse race. He was the only member of his family so afflicted. He discontinued school at the age of 17 because of the embarrassment brought about by his speech trouble.

At the age of 30, he presented himself to me for examination. He was thin, and nervous, and in bad health. He was afflicted with a severe case of convulsive stammering, and at times during the interview his speech came to a complete stop. His disposition was sad, even morose. He had a strong desire to regain normal speech, and took up this task with us at once.

Instruction lasting four weeks and four days was sufficient to conquer his stammering. At the end of this time he had gained seven pounds and his health was very much improved. His disposition

ITS CAUSE AND CORRECTION

also was changed. The sad expression had left his face. He left for home a happy man. Later, he informed me that he had been employed as a foreman in a manufacturing plant, a position requiring normal speech.

Case No. 301.191—Here we have a man who was afflicted with spasmodic stammering at the time he came under my observation. He was of Italian descent, age 34, born in New Orleans, and was employed in a produce house. He was of medium height, in fairly good health—with the exception of nervousness, which seemed to be a chronic condition.

As he had no family, in former years he had spent much of his leisure time in hunting. He had been an expert rifle shot. So far as he was able to recall, none of his ancestors had been afflicted with a speech disorder.

He stated that the speech disorder first manifested itself four years previously following a fight. It had continued uninterruptedly except for the brief periods between the recurrent attacks. After the fight he observed that he had lost his skill with the rifle, and he gradually gave up hunting because he was no longer able to make a successful shot.

STAMMERING

He stated that he still frequented the shooting galleries for practice work, yet he admitted that he had not, up to that time, regained his former ability as an expert in shooting with the rifle, for as he expressed it, "I cannot shoot good, because I have no good concentration and cannot get it back like I used to have it." He associated his inability to shoot expertly with a lack of concentration. In his case the incoordination had manifested itself not only in his speech, but it was also responsible for his lack of ability to regain his former skill with the rifle.

Following the diagnosis of his case, he placed himself under my instruction. His speech disorder yielded readily to instruction, and it was a matter of only six weeks until he was ready to depart for home. In reestablishing the coordination which corrected his speech disorder, the coordination which enabled him to be an expert rifle shot also was restored to him.

Case No. 34.444—This young woman was very talented, had a beautiful singing voice, and could not understand why she was unable to speak fluently when she could sing so well—and without difficulty. There was no defect in her vocal or-

ITS CAUSE AND CORRECTION

gans, but merely a lack of coordination between the brain and the muscles of speech. In her case, the speech disorder had not materially affected her health, although she admitted it had impaired her power of will and her ability to concentrate. Six weeks' instruction changed the condition completely and gave her the opportunity to use her beautiful voice to excellent advantage in speaking as well as in singing—much to her satisfaction.

Case No. 191.529—This young man, son of a banker, began stammering when 14 years of age, as the result of an injury received in a football game. The attack of stammering was severe from the very first.

Up until the time when stammering developed this boy had been especially bright, alert and full of vigor. It was reported to me that following the first attack of stammering there was a noticeable decline in his health, a dullness of memory, and a pronounced slowness of thought. His grades at school were only passable.

Just after his sixteenth birthday, upon taking up his high school duties in the fall, he became nervous and despondent. His school work was far

STAMMERING

below normal. His teacher attributed his poor work to his speech disturbance.

It was at this time that this young man was taken out of school and brought to me by his mother for advice and consultation. His case was one of convulsive stammering, and of quite a severe type for a person of his age, and for one who had been afflicted for such a short period of time.

During the consultation, in his efforts to answer questions he would contort his features dreadfully, and he would blink his eyes constantly. Also, when trying to talk, he would involuntarily slap his right side with his right hand. In many ways he showed that it required great physical and mental effort for him to enunciate even the shortest sentences.

His mother was anxious that he receive the benefits of the instruction and arrangements were promptly completed. He was an excellent student and finished his work with us in four weeks and three days. The correction of this young man's stammering brought about many other improvements in his condition. He gained eight pounds, and his general health was greatly improved. Nervousness left him and his memory became

ITS CAUSE AND CORRECTION

normal. Upon his return home, he reentered school, and his progress was most satisfactory.

Case No. 147.496—This young woman, daughter of a mechanic, began stammering at the age of 14, while in the seventh grade at public school, following a fall. After entering high school her speech disorder became more severe, she developed considerable nervousness; her health became impaired, fear of speaking became almost constant and she finished high school under a great emotional strain.

When she consulted me as the age of 27, she was afflicted with spasmodic stammering. As a result of her general condition, she was also troubled with high blood pressure. There was no physical defect in her speaking organs.

Diagnosis showed that she was afflicted with a type of speech disorder which could be relieved. When this was explained to her she was anxious to begin her work with us at once—and did so. Within a few days there was a decided improvement in her condition.

She completed her course with us in seven weeks and one day, at which time she was entirely free from stammering. Also, her nervousness disap-

STAMMERING

peared, her health improved greatly. Upon her return home she had a physical examination by the family doctor, and was thrilled to learn by her physician's report that her blood pressure was normal.

Case No. 34.343—This young man came to me at the age of 17. He was one of the type that "seldom stammer." He explained this to me and told me that many of his friends were not aware of the fact that he stammered.

I examined him, and found his trouble to be a case of combined stammering and stuttering. His was the intermittent type and at intervals his disorder was most pronounced. At such times he made it a point not to go out among his friends—which alone made it possible for him to say that his friends did not know of his speech disorder.

This young man came to me hoping that I would tell him that his disorder was not severe and that he would outgrow it in a few years. I was able to tell him that at the time his case was not an extremely bad one, but I knew that instead of being outgrown it would become *ingrown*—become worse. And I so told him.

But he decided to postpone action until some

ITS CAUSE AND CORRECTION

later date, feeling sure, despite what I had told him, that he would outgrow his stammering.

Four and a half years later, he came back. This time he did not say that his friends knew nothing of his trouble. He was in bad condition. His "seldom stammering," as he had called it, had reached the chronic stage and the painful expression on his face when he tried to talk was ample proof of his condition.

His trouble had developed into spasmodic stammering and was of a very severe nature. There was no thought of postponement in his mind at this time and he placed himself for instruction immediately. Eight weeks' time saw his work completed, with excellent results. His fear was gone, his confidence renewed, his health greatly improved—and, again, he was able to talk fluently.

Case No. 667.788—A severe case of combined stammering and stuttering. This man shook like a leaf when he talked, was very nervous, and could hardly sit still. His speech was marked by loose and hurried repetitions of syllables and words, alternating with a slow and seemingly dazed repetition of words, as if he did not know what he was saying.

STAMMERING

In a few moments, I learned that he was an alcoholic addict, that he was subject to delirium tremens and that he frequently went upon spree lasting a week or so, which left him a physical wreck. He had no will power. There was no foundation to build upon, and I, therefore, could not accept or help him.

Case No. 271.528—These facts concern the daughter of a railroad official. Stuttering appeared at 6 years of age, just after she entered school, and continued to increase gradually year after year, until at the age of 18, she came to me for consultation. My examination revealed her trouble to be spasmodic stammering. No other member of her family had stammered or stuttered. She discontinued school when 14, and lived at home, assisting her mother with the house work.

As it sometimes occurs in certain types of cases, this woman could speak freely and without the least difficulty while talking to members of her own household. But in conversation with friends or strangers her speech became so affected that she could hardly talk at all. She was of an extremely self-conscious type and so timid that her face would flush when she attempted to speak.

ITS CAUSE AND CORRECTION

There was no physical defect in her speaking organs.

After the results of the diagnosis were explained to her parents, they decided to place her under our instruction at once. She proved to be a splendid student. Within a few days the timidity began to disappear, self-consciousness soon vanished, and she became the "life of her class." Being naturally of a bright mind and studious, she was able to finish her instruction in a period of four weeks.

Although she had not gone to school for four years, when the fall term opened, she again entered school and continued her education.

Case No. 66.788—Here was a man of 30, a preacher, who found no difficulty in preaching to his congregation, from the pulpit, but whose disorder immediately took possession of him the moment he went among the members of his congregation and attempted to carry on a conversation with an individual. This became so embarrassing to him that finally he could do no more than stand at the door and attempt a brief greeting to the church members as they passed out. This, too, he was later compelled to give up, although during

STAMMERING

none of this time did he have the slightest trouble in delivering his sermons.

His was a case of spasmodic stammering. The mental control when he was in the pulpit was almost normal. But, when talking to individuals, this control was quickly shattered. He placed himself under instruction after having secured another pastor to fill his place for two months. He was a good student, obedient to instruction, concentrating on his work with a creditable energy. As a result, in five weeks' time, he found himself able to talk to anybody under any condition without the slightest difficulty or fear.

Case No. 107.211—Born on a farm, of German descent, this man began stuttering when 5 years of age, following a fall from a door step. He started to school when 6 years old. He was a bright boy in school, but he became so nervous that it was necessary to remove him from school when 10 years of age.

He was brought to me for examination when he was 12. Diagnosis showed that his speech disorder had progressed into a very severe case of combined stammering and stuttering. It was almost impossible for this boy to make himself understood

ITS CAUSE AND CORRECTION

when trying to talk. Further, he was shy and under weight.

His mother was much interested in having his speech corrected, so she placed him with me for instruction. He proved to be a fairly good student. In eight weeks he was restored to normal speech. During his stay he overcame his nervous condition. He gained six pounds and the improvement in his physical condition, together with the elimination of his speech disorder, enabled him again to take up his regular school duties upon his return home.

Case No. 174.309—These facts deal with the son of a lawyer, who resided in a small mid-western town. In this case, immediately following a fall off a fence when 4 years of age, stuttering appeared in a mild form. The boy's speech disturbance continued to be of a rather mild form until he entered high school. During his first year in high school he found that in addition to repeating his syllables several times before he could complete a word, he hesitated in beginning a word. This combined type of trouble continued for several years.

Just after his twenty-first birthday his uncle offered him a job as salesman in his grocery store. In his duties here he was required to take orders

STAMMERING

by telephone, describe merchandise, quote prices for different articles, etc. All of which he found difficult to do. During the course of a few weeks, he found that he could not answer the customers' questions. There was a complete stoppage of speech. He became extremely nervous. Because of his inability to perform the duties of salesman, it was necessary for him to give up his work in the grocery store.

Although he was well known in his town, and possessed considerable native intelligence, he was unable to secure employment. His speech disorder continued to increase in severity. After he had wasted most of the next eleven years—until he was 32 years of age—his mother decided to bring him to the Bogue Institute for examination.

Diagnosis showed that he was the victim of a well developed case of convulsive stammering. When attempting to talk his entire body would become tense, his head would jerk, he would involuntarily stamp his feet and in other ways show that he was making an extreme effort to talk. He was thin and nervous and in a wretched state of mind.

His mother feared that nothing could be done for her son. But when she was informed that he

ITS CAUSE AND CORRECTION

had no malformation of the speaking organs and that he was afflicted with a type of speech disorder which could be relieved, her face immediately brightened up.

He needed relief and he needed it without delay. That was certain. So, within an hour, he began his work with us.

Within a few days there was a decided improvement. In a short period of time he was making speeches to his class. Six weeks from the day he came to me, he graduated. He was freed of stammering, he was feeling fine physically, having gained fifteen pounds during his stay with us. His nervousness had disappeared. Mental fear had left him and he was a thoroughly happy and contented man when he departed for home. A few months later his mother informed me that her son had secured employment in a shoe store.

Case No. 91.318—This young man, the son of a mechanic, developed stammering when 9 years of age. His speech disorder increased in severity until he was 19, when he called at my office for an examination. Even though he stammered so badly that he could hardly talk at all, he could sing without difficulty, when alone. Also, he could talk to

STAMMERING

his pet dog, without stammering. When vexed, he talked rapidly without displaying his speech disorder. Talking over the telephone was impossible. During his high school days he developed extreme backwardness, and although he appeared to be in good health, at times he was very nervous and irritable.

This young man enrolled with us the same day of the examination. He applied himself most conscientiously, and his progress was rapid. In four weeks he had finished his course. His backwardness had been conquered and he could talk under any circumstances, without a sign of stammering. Later he informed me that he secured a position in a railroad office, where it was necessary for him to talk over the telephone all day long.

Case No. 98.656—In this instance we have a rather arrogant young man from a good family, who was too “proud” to admit that he was a stammerer. Rather it should be said, he was too foolish to admit it. He was well educated and with a store of words at his command, succeeded for some years in concealing the fact that he stammered.

This he accomplished by the substitution of words. That is, he avoided words beginning with

ITS CAUSE AND CORRECTION

those sounds that he could not utter. If his sentence included such a word, he quickly substituted another word of somewhat similar meaning, but beginning with a sound that he could say easily. This substitution of words was so well done that for some time the true condition was not realized by the average listener. Often he found himself incorrectly understood, because of his inability to use exactly the right word in the right place, but nevertheless he was successful in concealing his speech disorder from many of his friends.

This young man represented a type known as the "Synonym Stammerer," because synonyms are used to avoid stammering. The mental strain of trying always to substitute easy words for difficult ones, was very great, however, and after a few years' practice, the strain began to tell on the young man. It affected his health and made him nervous and irritable.

It was at this time that he came to me. Elementary stammering was his trouble, and so it was diagnosed. He refused to admit that his difficulty was extreme. But the truth is that he did stammer badly, and the mental power which had sustained him in his attempts to speak was being steadily weakened by what we might term misuse.

STAMMERING

He placed himself under instruction, although he was in a frame of mind that did not augur well for his success. But by the end of the third day his mental attitude had entirely changed, he came to realize the immense difference between being able to speak without stammering and being compelled to substitute synonyms. From that day forth he was one of my best students.

His education stood him in good stead, his enthusiasm was so spontaneous as to be contagious and at the end of four and a half weeks, he departed, as thoroughly changed for the better as anyone could wish. The arrogance was gone. In its place was something better—a sure-footed confidence in his ability to speak normally—and this was a confidence based on real ability—not on bluff.

He was no longer nervous and irritable—and in fact, before leaving, he had won his way into the hearts of his associates to an extent that all were sorry when he left, and felt that they had made the acquaintance of a young man of remarkable power and ability.

Five years later, I met him in New York, quite by accident. He was in charge of his father's business, had made a wonderful success of his work

ITS CAUSE AND CORRECTION

and was universally respected and admired by those who knew him. Even to this young man, who to many would have seemed to have all that he could desire, freedom of speech opened new and greater opportunities.

Case No. 48.336—This young man, 18 years of age, represented a very common type of combined stammering and stuttering, a type that is not so quickly relieved as might be imagined. His speech disorder was complicated by a bad habit of prefixing a totally foreign word or sound to the word or sound which he was trying to pronounce. "B" was one of his difficult sounds and in speaking the sentence: "We expect to leave Baltimore," he would say: "We expect to leave ah-ah-ah-Baltimore."

The fear of failure which caused him to acquire this deficiency of speaking, led his friends often to think that his mind wandered, although as a matter of fact, he was a very bright young fellow, without a single indication of Thought Lapse.

I diagnosed his case as combined stammering and stuttering, and explained to him that he represented a type that might be called the "Prefix Stammerer," because of the habit of prefixing

STAMMERING

every difficult sound with an easy sound, even though the substitution confused the thought he was trying to express.

He placed himself under instruction, and although his trouble was complicated by this pre-fixing habit, in seven weeks he forgot his fear of failure, found every word an easy word and every sound an easy sound. He learned to talk fluently again and returned to his home, both physically and mentally improved.

Case No. 121.259—This man reported to me that he began stammering in early boyhood, as the result of eating cold watermelon. At the time I examined him, which was when he was 40 years of age, he had a rather mild case of combined stammering and stuttering. He seemed to be in good health, excepting at periods when he had attacks of stammering. Then, he was very nervous.

Upon graduation from high school he had secured employment in the office of an insurance agency. Three years later he was married. There were three children, two boys and one girl. The younger boy had contracted stammering when 4 years of age, and at the age of 7 he was still stammering.

ITS CAUSE AND CORRECTION

This man secured a leave of absence from his insurance agency and came to us to be relieved of his stammering. Possessing good health, and being a very cooperative type of student, he finished his course here in two weeks and five days. He was restored to normal speech and was thus enabled to change his occupation from office work to that of salesman for the same company, with which he had been employed for many years.

If I had the space to do so within the covers of one volume, I would gladly give many more cases, with description and diagnosis as well as results of instruction. Specific cases are always interesting, illuminating and conclusive. They show theory in practice, and opinions backed by actual results.

But lack of space makes it impossible to give additional cases here. Those which have been given are typical cases—not the unusual ones. The out of the ordinary cases have been avoided and the common types have been described.

Every reader of this volume who lives today under the constant handicap of a speech disorder, may well take new hope from the thought that "What man hath done, man can do"—again!

Part Five

THE CORRECTION OF STAMMERING AND STUTTERING

CHAPTER I

NORMAL SPEECH CAN BE RESTORED

Years ago, not the slightest hope was held out to stammerers and stutterers. They believed that they could not be restored to normal speech. This erroneous idea that stammering could not be corrected grew up in the mind of the average person as a result of one or all of the following conditions:

1st—The inability of the stammerer to correct his own stammering. And further, his inability to outgrow the trouble, although he was repeatedly told that he would outgrow it. These were the main factors concerned in the foolish and totally unfounded belief that stammering could not be corrected.

2nd—The principles of speech and the unnatural condition known as stammering were surrounded with a

ITS CAUSE AND CORRECTION

great deal of mystery in the years gone by. The idea has been widely prevalent that the affliction was one sent by Providence as a punishment for some act committed by the sufferer or his forebears. This and many other ideas bordering upon superstition, are responsible, too, in a great degree for the belief that the stammerer could not be freed of the speech disorder.

3rd—When an attempt to correct stammering was made, this attempt was based upon the “supposition” that stammering was a physical trouble, due to some defect in the organs of speech. It followed that since no one was ever able to discover any physical defect, no one knew the true cause of the disorder, nor how to deal with it successfully.

4th—Unfortunately there have been in the field a number of irresponsible charlatans, preying upon the stammerer with claims to give relief, while in fact they knew little or nothing of the disorder. They had never stammered themselves, nor did they have the slightest knowledge of the correct methods of procedure in the correction of stammering. The inevitable failures of these charlatans led to a widespread belief that there was no successful method by which the stammerer could regain normal speech.

From an experience covering a period of more than 38 years, during which time the author has corresponded with many thousands of persons who stammer and stutter, and has personally met and diagnosed thousands of cases, it has been proved that all of these theories are unsound—that they

STAMMERING

are, indeed, fallacies of the most detrimental character. For I have also proved that any person who stammers or stutters, who has no organic defect, and who possesses intelligence equal to that of the average child eight years of age, can be restored to normal speech if he will make the effort.

Odds Greatly in Your Favor: Stammerers should fix this fact firmly in mind: Stammering can be corrected! There is hope, positive, definite assurance for recovery. This assurance is based upon facts gained from experience.

I recall the case of a man of 32 who came to me after five attempts had failed to give him relief. Quite naturally this man was a confirmed skeptic. He did not believe that there was any relief for him.

Anyone who had been through the trials that he had experienced would have felt the same way. But he placed himself under our instruction, nevertheless, and in a few weeks' time, his stammering had vanished. He left the Bogue Institute entirely convinced that stammering can be corrected, because it had been done in his own case—an accomplishment which had so long seemed beyond all hope.

ITS CAUSE AND CORRECTION

Many years afterward, he wrote a letter which I take the liberty of reproducing here for the encouragement and inspiration of everyone who is similarly afflicted and who feels as this man felt—that he is beyond help: “I tried to be cured of stammering at five different times by five different men at a total cost of more than one thousand dollars. None of them cured me. Then I decided to try the (Bogue) Unit Method. Nine years ago I did so—a decision that I have never regretted. It was evident that this method was based on a comprehensive knowledge of the art of speech. I am now a piano salesman and talk by the hour all day long; talk over the telephone perfectly; and many tell me that I speak more distinctly than the majority of people who have never stammered. I believe this is because I was taught through the (Bogue) Unit Method the very fundamentals of speech.”

(The Bogue Unit Method referred to in the above letter is discussed fully in Chapter VI.)

This man's case is typical of the hundreds of “failures-to-give-relief” which are in such great measure responsible for the belief that stam-

STAMMERING

merers cannot regain normal speech. The fact that he had made five separate attempts to acquire relief would, in the mind of the average person, be proof that stammering cannot be corrected. And yet in this extreme case, under the application of the proper methods, the stammerer found freedom of speech without unusual difficulty and in a comparatively short time.

CHAPTER II

WHO CAN, AND WHO CAN'T REGAIN NORMAL SPEECH

Practically every person who stammers or stutters can be restored to normal speech.

The exceptions are so few as to be practically negligible. Normal speech can be restored—

1. If the afflicted person's intelligence is at least equal to the intelligence of an average eight year old child.
2. If there is no physical defect in the organs of speech.

In an experience in meeting and restoring stammerers and stutterers to normal speech for thirty-eight long and happy years, it is only natural, now and then, that I would encounter certain types of cases which could not be restored to normal speech.

It is only natural, too, to expect that in such a wide experience with speech afflicted persons it would be possible to determine the definite rea-

STAMMERING

sons why these particular classes of persons cannot acquire normal speech.

I have worked with and been in contact with thousands of stammerers and stutterers. Among these thousands of cases I have found only two per cent who could not be restored to normal speech.

In other words, ninety-eight per cent of all the stammerers and stutterers with whom I have come in contact *could* regain normal speech. Only two per cent were disqualified.

Exceptions to the Rule: Another way of considering the facts is this:

If the person who stammers or stutters has a mentality less than that of an average eight year old child—or is afflicted with a physical defect in the organs of speech—there is small chance for him to be restored to normal speech.

In addition, there are other specific conditions which may prevent a stammerer from regaining normal speech. These conditions may be specified as follows:

1. If there has been such delay as to permit the malady to progress too far—
2. If the stammerer fails to obey the instructions necessary to regain normal speech—

ITS CAUSE AND CORRECTION

3. If the stammerer persists in any form of dissipation—
4. If the stammerer is not sufficiently interested in acquiring normal speech and thus does not make the proper effort to be freed.

In all, here we have six conditions under which there is very little hope for any stammerer or stutterer to regain normal speech.

Organic Defects: Stammerers whose speech disorders arise from an organic defect are so few as to be hardly worth mentioning. But in these cases we do not attempt to restore normal speech.

The corrective process used in the successful method of correcting stammering and stuttering can not replace a defective organ of the body with a new one. It will not correct harelip or cleft palate, nor will it loosen the tongue of the child who has been hopelessly tongue-tied from birth.

A boy was brought to me some years ago by his parents in the hope that his speech trouble might be eradicated, but it was found upon examination that he had always been tongue-tied and that the deformity would not permit the normal, natural movements of the tongue necessary to proper speaking. I immediately told the parents the un-

STAMMERING

fortunate condition of their son and frankly stated that in his condition there was no possibility of my being able to restore him to normal speech.

Subnormal Intellect: If the stammerer's intelligence is less than that of an average eight year old child, there is little hope for the individual to regain normal speech. I have come in contact with very few such cases and I recall but four cases which were diagnosed as hopeless because of lack of intelligence.

This is a direct refutation of the theory that stammerers are naturally below normal in mental ability. Out of more than thirty-eight years' experience in meeting stammerers by the thousands, I can say most emphatically that stammerers as a class are *not* naturally below normal intelligence or mental power, save as their trouble may have affected their concentration or will power.

I have named four other conditions under which very little can be done to restore a stammerer to normal speech. These I shall discuss a little more fully, one by one.

The Procrastinator: One type of person who cannot expect to acquire normal speech is that of

ITS CAUSE AND CORRECTION

the stammerer or stutterer who, against all advice and experience, has persisted in the belief that his trouble would be outgrown and who by such delay has permitted the malady to progress too far.

Such persons usually start in childhood with a case of primary stuttering which, if taken in hand at the beginning can be converted quickly and easily into normal speech. From this stage they usually pass into trouble of a compound nature, known as combined stammering and stuttering. Here, also, their malady would yield readily to proper methods of correction but instead of giving it the attention so badly needed, they often permit it to pass into a severe case of spasmodic stammering, and from this stage into the chronic form.

The malady becomes rooted in the muscular system. The nervous strain and continued fear tend to destroy mental control. In time the sufferer is in a condition that is hopeless, indeed—a condition in which he is subject to the pity and sympathy of every one with whom he comes in contact. Yet it is a condition brought on purely by his own neglect.

I recall the case of a sixteen-year-old boy whose father brought him for examination some years ago. At that time, the boy represented one of the

STAMMERING

most extreme cases of stammering. He could scarcely speak at all. He made awful contortions of the face and body when attempting to speak. When he succeeded in uttering sounds, they resembled the deep bark of a dog. These sounds were totally unintelligible, save upon very rare occasions, when he would be able to speak clearly enough to make himself understood.

I gave the boy a most careful examination and very carefully studied his condition, both mental and physical, after which I was convinced that he could, with time and persistent care, be restored to normal speech. The father was given the result of my findings and told of the boy's condition. He decided to take the boy home, talk the matter over and place him under my care the following week. Ten days later he wrote me saying that the boy had secured a job in a garage at \$6 a week and he could not think about taking him away from his new job at that time to have his speech corrected.

Two and a half years later, he was brought to me again. Even after all my experience in meeting stammerers, I could hardly believe that stammering could bring about such a terrible condition as this boy was in at that time. His mental facul-

ITS CAUSE AND CORRECTION

ties were shattered. His concentration was gone. This poor boy was merely a blubbering, stumbling wreck, a sight to move the stoutest heart, a living example of the result of carelessness and parental neglect. Needless to say I could not consider to even attempt to restore him to normal speech, for there was no longer any foundation to build on—no longer the slightest chance for benefiting the boy in the least.

The Willfully Disobedient Cases: In most grade schools, high schools and colleges there are persons who fail to apply themselves under instruction. Naturally, such persons do not profit as do those who put forth a conscientious effort to learn.

The old saying that “You can lead a horse to water, but you can’t make him drink” applies most forcefully to the stammerer who neglects to obey the instructions necessary to regain normal speech. Such an individual can be instructed in the correct methods of regaining normal speech, but you can’t force this particular type of person to obey those instructions.

I well remember such a case. A young man of twenty years came to me, apparently with every desire in the world to be freed of stammering.

STAMMERING

The first day he followed instructions with great care, seemed to take a wonderful interest in his work and at the end of the day expressed to me his pleasure in finding himself improved even with one day's work.

By the third day, the "novelty" had worn off and his "smart-aleck" tendencies began to come to the surface. He was impertinent. He was impudent. He was rude. He failed to come to his classes promptly in the morning, was late at meals, stayed out at night beyond the time limit set by the Institute rules, and persisted in doing practically everything in an irregular and willfully disobedient manner.

I was not inclined to dismiss him because of his misconduct, because it was evident that here was a boy of more than ordinary native intelligence, a fine-looking chap with untold opportunities ahead of him. So I put up with his misdeeds for many days, until one morning I decided that either he must co-operate with his instructors or return to his home—and he elected to take the latter course.

Later, in looking up this boy's record, it was found that he was incorrigible, that his parents had never been successful in controlling him at

ITS CAUSE AND CORRECTION

any time—even when he was a small boy—and that he had been expelled from school twice.

There is no need for me to say that this boy was afflicted with something even worse than stammering—something that science was not able to help—i.e., *a lack of sense*. His case was hopeless, just as much so as if an inch of his tongue had been sheared off. With such stammerers as this I have neither patience nor sympathy, simply because they have no respect or consideration for other persons and consequently they are not entitled to any themselves.

The Chronic Dissipater: Another type of stammerer who cannot expect to regain normal speech is the “chronic dissipater.” His stammering can be corrected only as his habits are corrected. The person who persists in undermining his mental and physical being with dissipation and who, when he knows the results of his doings, will not cease, cannot expect to regain the gift of normal speech. Cases such as these I do not attempt to correct. They are neither wanted nor knowingly accepted.

I recall the case of a man of 32, a big, stalwart fellow, who came to me for consultation several years ago with a very severe case of combined

STAMMERING

stammering and stuttering. He made his plans to place himself under my care but before he could return to take up his work with us, he fell a victim to his inordinate appetite for drink.

His wife wrote me explaining the circumstances, telling me that such occurrences had been going on for nine years and that all efforts at reformation had failed. I immediately advised her that I could not accept him at the Institute. In such cases, speech recovery is built upon too shallow and uncertain a foundation to offer any hope of being permanent.

The Lackadaisical: The last and largest class of stammerers who cannot expect to regain normal speech are those who will not make the effort. These are the spineless and the unsure, the cowards, who are AFRAID to attempt ANY corrective measures for fear they will not be successful.

They are usually afflicted with a malady worse than stammering or stuttering—indecision—a malady for which science has found no remedy. Knowing the dire results of continued stammering, still they stammer. Reason fails to move them to the necessary effort. Common sense makes no appeal.

ITS CAUSE AND CORRECTION

Well, indeed, in such cases, may we paraphrase the words of Dr. Russell H. Conwell and say: "There is nothing in the world that can prevent you from being freed of stammering but YOURSELF. Neither heredity, environment or any of the obstacles superimposed by man can keep you from marching straight through to normal speech if you are guided by a firm, driving determination and have health and normal intelligence."

These six conditions under which there is little hope for stammerers to be restored to normal speech complete the list. And the number of such cases, all taken together, is so small as to be almost out of consideration.

CHAPTER III

HOW TO KNOW IF YOU CAN REGAIN NORMAL SPEECH

You can either be restored to normal speech—or you cannot. One, or the other. If you *can*, you should take immediate steps to have your stammering corrected.

Why should you go on through life hesitating, stumbling, sticking, stammering and stuttering? Why should you deny yourself the privileges of society, the advantages of opportunity, the fruits of success—if you *can* be restored to normal speech, and a normal life?

Why should you live a HALF-LIFE as a stammerer, if you can regain normal speech and live a complete, joyous, happy, overflowing life? Why should you be content with failure or half-success if the triumphant power to accomplish, the masterful will to succeed, is right within your grasp? Yes, why should you continue to stammer if you can be restored to normal speech?

The answer is, YOU SHOULD NOT.

ITS CAUSE AND CORRECTION

The first step, therefore, is to determine definitely whether your condition is such that you can be restored to normal speech.

These things you cannot determine for yourself. You have no facilities for determining the facts. You lack the scientific knowledge upon which to base such conclusions. You cannot diagnose your case of stammering any more than you could accurately diagnose a highly complex nervous disturbance.

In order, therefore, that the most important of all questions, viz.: "Can I be restored to normal speech?" may be correctly and authoritatively answered, I am willing to diagnose your case and give you a report of your condition, informing you whether you can be restored to normal speech.

Of course, such a diagnosis must be based upon a correct description of your case. This description must be accurate and reliable as well as thorough. In order to insure this, I furnish with each book a Diagnosis Blank, which when properly filled out, gives me the information necessary to determine definitely whether you can be restored to normal speech.

In no case can I give assurance that a speech disorder can be corrected, until after a diagnosis

STAMMERING

has been made. You want the opinion which I give you to be authoritative and dependable—a report in which you can place your entire confidence.

I cannot give such a report by merely hazarding a guess as to your condition. I must base my report on the actual facts as they exist. I must make a careful study of your symptoms, determine what your peculiar combination of symptoms indicates, understand the nature of your trouble, determine its severity.

After you have returned the Diagnosis Blank, submitting to me accurate information about your case, I will furnish you with a diagnosis, which you can depend upon to be accurate and authoritative. It will give you facts about your speech-disorder—be those facts good or bad.

CHAPTER IV

IMPORTANCE OF AN AUTHORITATIVE DIAGNOSIS

A diagnosis is a scientific determination of the nature of an abnormal condition, based on an examination of facts. A reputable medical man will not undertake the treatment of any malady until he makes a searching examination and arrives at a thorough understanding of the trouble.

In the case of the stammerer or stutterer, diagnosis is equally important and should be undertaken only by a diagnostician who has had scientific training and practical experience of sufficient duration to qualify him as an authority on the subject.

No stammerer or stutterer should overlook the value of such diagnosis, for the reason that there are so many forms of speech disorders that it is impossible, as well as unsafe, for the sufferer himself to try to determine the exact nature of his trouble.

STAMMERING

I recall the case of a certain young man who had depended upon his own knowledge to determine the exact nature of his speech disorder. When a boy, he had swallowed a small program pencil with a metal tip, injuring his vocal cords, so he said, and causing him to become a stammerer. An examination of his condition and a careful diagnosis of his case revealed the fact that his vocal organs were as normal as those of any person who had never stammered.

The diagnosis also revealed the fact that his stammering was not originally caused by any organic defect or any injury to the vocal organs. This diagnosis showed that his stammering, which developed immediately after swallowing the pencil was due chiefly to the nervous shock and fright caused by the accident. The shock was too much for the boy's mental control and he immediately developed into a stammerer. The young man had believed for many years that his stammering could not be corrected, that it was due to an organic defect which could not be remedied.

The diagnosis revealed, however, that a very different condition was responsible for his trouble and, as a consequence, he discovered that he actually could be restored to normal speech. With-

ITS CAUSE AND CORRECTION

out proper diagnosis, he would have resigned himself to a life as a stammerer.

Another case which shows the stammerer's inability to understand his own needs was that of a woman who persistently refused to allow her son to have his case diagnosed, because of her belief that he was beyond help and that the diagnosis would be useless.

After months of coaxing, however, he succeeded in inducing his mother to consent to a diagnosis. I gave him a complete diagnosis and report on his condition. This mother had been unduly alarmed—the boy's trouble could be corrected and, in fact, he completed the necessary work at the Bogue Institute in much less than the usual time. This is but another case that shows the injury which often comes to the stammerer when he doesn't know the facts.

A Written Diagnosis Valuable: A statement of the facts in your case, including all details, should enable the diagnostician of speech disorders to make a reliable diagnosis of your trouble.

The diagnosis, to be of the most value to you should be made up in the form of a written report,

STAMMERING

so that the information may be in permanent form and available for your study.

What Diagnosis Should Show: First of all, of course, the diagnosis should identify and name your trouble. It should tell what form of speech disorder is revealed by the symptoms; it should tell the cause of your trouble; the stage it is now in; should indicate whether there is any organic defect; should state whether there is any possibility of your outgrowing your trouble. Most important of all, it should state whether you can be restored to normal speech.

When it is remembered that nearly a dozen common speech disorders can be named, almost in one breath, and that some of these disorders may pass through four or five successive stages, it will be seen that an authoritative diagnosis and report is almost a necessity to the stammerer or stutterer who would have reliable information about his speech disorder.

The stammerer or stutterer who voluntarily remains in the dark, who is satisfied to be ignorant of his condition, is surely not on the road to freedom of speech.

The most able man cannot decide anything cor-

ITS CAUSE AND CORRECTION

rectly in the absence of facts. Decisions reached without complete information are mere guess work—and guesswork is a poor way to decide what to do—especially in the case of the stammerer.

Therefore, it is an act of wisdom on your part as a stammerer or stutterer, to know all that can possibly be learned about your speech disorder. You should replace ignorance with facts and sound knowledge.

CHAPTER V

ESSENTIAL FACTORS IN REGAINING NORMAL SPEECH

We are now ready to ask: "What are the correct methods for the correction of stammering and stuttering?" We shall answer that question authoritatively.

As to the successful mode of procedure in determining the proper methods for the correction of stammering and stuttering, there is no suggestion better than that offered by Alexander Melville Bell, who says:

"The rational, as it is experimentally the successful method of procedure, is first to study the standard of correct articulation (*not* the varieties of imperfect utterance, and then not to go from one extreme to another, but at every step to compare the defective with the perfect mode of speech and so infallibly to ascertain the amount, the kind and the source of the error."

We have already done that. We have located the cause of the trouble. We not only know that

ITS CAUSE AND CORRECTION

stammering is caused by a lack of co-ordination between the brain and the muscles of speech, but we know the things which may bring about the lack of co-ordination.

Now, the question naturally follows—How shall we correct that condition? Simply remove the cause. Reestablish normal coordination between the brain and the muscles of speech. Restore normal brain control over the speech organs. Make these organs respond freely, naturally and promptly to the brain messages.

That sounds simple. But if it is as simple as it sounds, why is it that so many persons in the past have failed to correct stammering and stuttering? Why have so many so-called methods of correction been discarded? The answer is: They were based on the wrong foundation. They struck at the effects and not at the cause of the trouble. As a result, these unsound methods failed.

These unsound methods have aimed at many different effects. One method, for instance, had as its theory that if the nervousness were removed, the stammering would magically disappear. The unfortunate sufferer was doped with vile bitters and nerve medicines, so-called, in the hope that his nervous system would respond to treatment. But

STAMMERING

the nerves could not be quieted and the nervous system built up until the cause of the nervousness—which was stammering—was removed.

There was a time, too, when there was a craze for using surgery in the hope of correcting stammering. Nothing short of butchery was performed in the name of surgery—the patient's tongue sometimes being slitted or notched. Other foolish and cruel subterfuges were improvised in an effort to correct stammering. They all failed. The absurdities of that "butchering period," which have now vanished, are numbered among the cruel mistakes of those who committed them.

A lack of thoroughness marked the later attempts to correct stammering. One method was based, for instance, solely upon correct breathing. There is no doubt that correct breathing is most vital both to the stammerer and the non-stammerer, if they are to speak fluently and correctly.

But breath control does not even begin to solve the problem of stammering. It is but one element, and a small element, in the proper articulation of words. In breath control, alone, there is not the slightest chance of correcting stammering and stuttering.

Most of these ill advised efforts sprang up not

ITS CAUSE AND CORRECTION

as a result of sound knowledge but rather as a result of the lack of it. In fact, looking back at the manner in which the stammerer was treated for stammering under these methods, we can see now that nothing but ignorance of the fundamental principles underlying the art of speaking could have made it possible for these misguided persons to present their "jargon" and "hodge podge" as representing scientific knowledge. The absurdities propounded in the name of "relief from stammering" were too numerous even to list in this volume.

Speech Director Should Have Stammered: It is important that the speech director who would promulgate a method for the correction of stammering and stuttering should have, at one time or another, stammered himself.

It is a well known fact that the imagination cannot conjure up an image of something that has never been experienced. If you had been born blind, you would have no mental picture of any color, no matter how much you might have heard about it. Still your imagination might be a most lively one.

The utmost feat of the human imagination is to combine mental pictures to form still other

STAMMERING

images. In other words, new combinations of images are possible, but an entirely new or basic picture is beyond the power of the imagination to create.

So, with the specialist who would correct stammering and stuttering. It is impossible for the man who has never stammered or stuttered to know the fear that grips the sufferer when he even thinks of speaking. It is impossible for one who has never stammered to imagine what this fear is like or to know the distress that accompanies it.

For that reason, it is important that the man who attempts to restore stammerers and stutterers to normal speech should, sometime in his life, have been similarly afflicted himself in order that his knowledge may have been acquired first hand—that he, himself, may have suffered, and that all of the conditions and situations of the stammerer or stutterer may be as familiar to him as to his student.

Speech Principles Fundamental: The principles underlying normal speech are fixed, definite and unchangeable. We might as well think of changing the laws which control the circulation of our blood as of altering the laws of speech! Try to

ITS CAUSE AND CORRECTION

alter the smallest rule or principle of speech and you will find that it is physically impossible.

A principle is a fundamental truth, a law, upon which methods or activities are built. Back of every spoken word, whether that word be French, English, Italian, or any other language, there are unchangeable principles of speech.

These principles of speech are fundamental. They do not change basically nor do they vary in different individuals. When you speak correctly, you do as a result of following correct principles of speech. I speak correctly by the same method you must use.

And when you speak incorrectly or when you stammer or stutter, you do so because you have violated one or more of these fundamental principles. Any person who stammers or stutters, violates the same principles and requires the same method of correction as yourself. The severity of your case depends upon how many of the principles of speech you violate, and how long you have violated them.

A diagnosis will determine the facts—and point out definitely what is necessary to be done to bring about normal speech. The number of speech violations to be corrected will also deter-

STAMMERING

mine to a certain extent the time required for correction.

Speech, in all the diversities of tongues and dialects, consists of but a small number of articulated elementary sounds. These are produced by the agency of the lungs, the larynx, and the mouth. The lungs supply air to the larynx, which modifies the stream into whisper or voice; and this air is then moulded by the plastic organs into syllables which singly or in accentual combinations constitute words.

As previously explained, all of the physical organs which have to do with the production of speech and all of the brain centers whose duty it is to control the actions of these various organs must operate in harmony, or, in other words, must coordinate, if we are to have normal speech. Coordination implies perfect mental control of physical actions. And this in turn means perfect obedience of the physical organs of speech to the brain messages that are received.

Corrective Method Necessarily Three-Fold:
The correction of stammering and stuttering can be achieved only by a basic method that is three-fold—that attacks all of the abnormal conditions

ITS CAUSE AND CORRECTION

of the stammerer simultaneously and eradicates them in unison.

It would be of little avail, for instance, to develop perfect breath control, and leave the stammerer in a mental state where he is continually harassed by a fear of failure, by a continual self-consciousness and irritated by a persistent nervousness.

And it would be of just as little use to try to remove that self-consciousness, fear of failure and nervousness without, first of all, correcting the cause of the stammering or stuttering.

In other words, when the successful method of correcting stammering is spoken of as being three-fold in purpose, it is meant that this method must build up the physical being; it must achieve perfect mental equilibrium; and it must link up the physical with the mental, in perfect harmony.

Stated briefly, the process of correction involves *three steps, only three and always three*—the three stated above—that will restore stammerers to normal speech. This is a fact that is scientifically established, a fact that has been demonstrated by experience, as well as a careful history study of many thousand cases.

Normal speech can rest on no other foundation

STAMMERING

than perfect restoration to a truly normal mental and physical condition. When this has been accomplished and when the synchronization of brain and speech organs has been brought about, the muscles of speech respond to a brain message for the utterance of a word. There is no longer any sticking, loose or hurried repetition. In other words, normal speech results as a logical consequence.

CHAPTER VI

THE BOGUE UNIT METHOD IN RESTORING NORMAL SPEECH

A Common Sense "Miracle": For a stammerer, restoration to normal speech truly has the effect of a miracle upon the stammerer's life and fortunes. But, this miracle doesn't just happen. There is a "common-sense" way to bring it about—but it requires effort and cooperation on the part of the stammerer.

The reward—that of perfect speech—is worth a thousand times the small cost in money, time and effort.

Nothing worth while is achieved without *some* effort. Nothing so much worth while may be achieved with so little effort as in the case of the stammerer in his effort to regain normal speech.

The method I have followed in restoring stammerers to normal speech, is a common sense method. It recognizes the cause of stammering, and drives directly at the task of eliminating the cause. Normal speech is restored as a natural and logical sequence.

STAMMERING

As has been stated, stammering results from a lack of coordination between the brain and the organs of speech—a disturbed condition attributable to many causes, as we have already shown. The Bogue Unit Method, used in the Bogue Institute, is intended to restore this necessary coordination. And it does so.

The Bogue Unit Method for restoring stammerers and stutterers to normal speech rests upon a scientific and educational basis, involving the physiological, psychological and phonological laws which underlie the art of speaking.

The Bogue Unit Method is three-fold in purpose and action. The purpose of the first unit is the building up of physical efficiency in order that the proper functioning of the physical organs may result.

The second unit reestablishes mental equilibrium and stability so that the mind may function properly in controlling the organs of speech.

The third unit synchronizes and harmonizes mental and physical activities and reestablishes normal coordination between the brain and the muscles of speech. This completes the foundation necessary to fully restore normal speech.

With both physical and mental conditions made

ITS CAUSE AND CORRECTION

normal, and coordinated, one further and final step is required for the permanent and full restoration of normal speech.

These newly established normal conditions must be firmly *kept* in coordination until the *habit* of applying correct principles of speech control is fully established. After that, normal speech becomes a natural process—a habit. Then the stammerer's ability to speak is like every other person who speaks normally. There is no temptation or inclination to resort to previous speech errors. The stammerer, in effect, substitutes a *new* habit of *not* stammering, for his *old* habit of *stammering*.

These three factors are not separate steps in correcting a speech disorder. They are integral elements in the complete Bogue Unit Method—all three factors are used, in their needed proportion, from the day the student comes under instruction until his final test shows that he has acquired freedom of speech. No one of these elements, without the other two, can serve to establish normal speech. Working together, as one powerful unit, they strike at and correct the basic *cause* of stammering and stuttering.

STAMMERING

The Bogue Institute is an educational institution. Those who attend receive instruction and training planned to bring about a certain definite result. Throughout our country there are many schools specializing in specific fields—such as law, accounting, religion, aeronautics, etc. The Bogue Institute specializes in the correction of stammering, through a careful course of training and instruction, based upon long experience and complete facilities. It seems almost unnecessary to say that surgery, medicine, hypnotism, electrical appliances have no more place in our curriculum than they do in a law school. The Institute and its methods are strictly educational.

As soon as a stammerer is admitted to the Bogue Institute he, or she, is placed under the direct and unremitting supervision of a teacher whose business it is to see that every circumstance is favorable to the most speedy and effective correction of the speech trouble.

Class Training: From four to six hours each day are set aside for systematic drill and class exercises to strengthen the organs of speech and to gain control of the will power; to develop the entire physical and nervous system. Also vocal,

ITS CAUSE AND CORRECTION

physical and mental exercises are given in order to establish a foundation on which to build normal speech.

Daily class instruction and personal attention when needed are given each student. The student advances as rapidly as his energy and ability will admit. He is not held back by anyone less diligent. Because of the strictly educational nature of the instruction, it is graded so as to meet the requirements of each and every case, from the mildest to the most severe and stubborn types of speech trouble.

Mental and Physical Coordination: The factors which are combined to establish normal speech involve principles that are simple. Normal speech is accomplished along perfectly natural channels. All persons have in their bodies the same sets of muscles, but some persons, through training, develop certain muscles, or perhaps all of their muscles to an unusual degree.

Likewise, all normal persons have the same "mental muscles," figuratively speaking. "Mental muscles" and all other admirable attributes of man can usually be developed just as are the physical muscles. The "mental muscles" become shriveled

STAMMERING

and shrunken through disuse, just as in the case of physical muscles, if not exercised.

The muscles employed in talking are fundamentally the same in one person as in another, but some persons are afflicted in such a way as to make them unable to control their speaking muscles—that is, some stammer, while others do not.

Any basically normal set of speech muscles in a stammerer of average intelligence can be developed, just as the undeveloped muscles of the other parts of the body can be developed.

Scientific Principles a Requisite: To develop great physical strength one must exercise that part of the body that it is desired to strengthen. To develop unusual intellectual strength one should first develop physical strength, and then have available the proper information for mental improvement.

Naturally, such information must be imparted to the stammerer by a person who has complete knowledge of the principles of speech which underlie the art of speech. The Bogue Unit Method represents a coordination of these principles of speech.

ITS CAUSE AND CORRECTION

At every step in the application of the method, the principles which underlie and govern perfect articulation, serve as the foundation of the instruction. Principles of speech never change. They apply to all persons alike, and all persons who speak normally apply these principles—either consciously or unconsciously—in the same manner.

All stammerers violate the same principles of speech. This being the case, no stammerer is fundamentally different from all other persons who have been restored to normal speech. The same method that gave others freedom of speech apply in any case. This is logically and literally true.

When your watch slips a cog or breaks a spring it immediately fails to register the correct time. A slight over-tension on any bearing, a looseness at any screw point or any other of a hundred defects may cause your watch to “stammer”—that is, to run irregularly and incorrectly.

The human body is like an animated machine, with adjustments infinitely more delicate and numerous than those of the finest watch. The slightest maladjustment of the sensitive organism, the least failure of coordination between the nerves and the corresponding muscles of any part

STAMMERING

of this human machine invariably results in some external irregularity.

As stammering is the direct result of a failure of coordination between the brain centers which control the organs of speech, and the muscles that operate those organs, it is your first duty to consult an authority who has made the subject of regulating the "speech-machinery" his life work, precisely as you consult a watch specialist in regulating watches when your watch is out of order.

When you take your watch to the watchmaker for repairs, the first thing he does is to diagnose the trouble; to locate the causes which make your watch run incorrectly. He does not begin by replacing the various parts and then later hunt for the causes of the trouble. As soon as the loose bearing is found, or the broken spring or the worn-out cog, the watch expert knows exactly where to begin his work of reconstruction.

Knowledge Is Power: When the stammerer or stutterer decides to be restored to normal speech, the first and most important thing is to have his condition diagnosed; to find out what part of the "speech-machinery" is out of order—and why. From this knowledge is established a basis on

ITS CAUSE AND CORRECTION

which to begin an intelligently planned program to restore natural and normal speech.

At the time a stammerer or stutterer first places himself under our guidance and before any corrective instruction and training begin, the stammerer is given a thorough and searching examination for the purpose of determining every possible fact or peculiarity of his disorder. No two cases of stammering or stuttering are exactly alike in all their manifestations, although the same basic principles apply to all. Our instruction is planned to meet the particular needs of each student.

Even if the stammerer's case has been previously diagnosed, it is necessary to compare and verify the symptoms as previously exhibited with those existing at the time instruction begins, in order to learn, first of all, whether his malady has more recently progressed into a further and more serious stage.

An Extra Test: The standard entrance examination usually develops all of the essential facts regarding the case. But when, on occasion, it is not sufficient we take the further steps necessary for complete understanding of the condition and its peculiarities. The normal, the subnormal and

STAMMERING

the abnormal conditions of the disorder are gauged and the most minute details of the stammerer's condition are thus disclosed.

This additional test covers the case in every possible way. It shows the exact physical, mental and nervous condition of the stammerer or stut-terer. It enables us to determine the original cause of the speech trouble and trace its progress from its beginning up to the present time, almost as easily as if the student had been under our observation from the time when he first noticed his speech disturbance. This background knowledge is of inestimable value in enabling us to proceed with restoring the stammerer to normal speech.

I recall the case of a boy who came to me at one time for a personal diagnosis of his case. I examined him carefully, made tests and diagnosed his case, which proved to be in the second stage and of no more than ordinary severity. He was unable to place himself under my care at that time but returned to me about eight months later, seemingly in no worse condition than before.

Not being satisfied with the results of a routine examination, a more complete test was used, with the result that a condition of grave seriousness was discovered, evidencing a most pronounced

ITS CAUSE AND CORRECTION

form of difficulty. The situation was explained to the young man. He was told that it would take much longer than usual to bring about relief in his case, although such relief was yet possible.

He expressed his willingness to spend as much time as was necessary and as a result, he was able within some weeks' time to regain the power of normal speech. The mental sluggishness which marked his conversation soon disappeared. He became alert and eager and when he departed for home, he was a completely changed boy.

This is but one of many examples showing the need for expert diagnosis and for careful analysis of a condition of the stammerer even if a previous diagnosis has been made within a few months.

In practically all cases of stammering, particularly those of a progressive character, the condition is naturally changeable and common prudence calls for caution in accepting antedated facts as an indication of the present condition.

In every case, the examination enables us to gauge the severity of the case so accurately that each student's course can be outlined, designating the exact instruction needed by him in—

STAMMERING

1. *Eliminating the old and improper methods of speech production.*
2. *Replacing those incorrect speaking methods with the correct natural methods.*
3. *Reestablishing normal coordination between the brain and the muscles of speech.*

A Carefully Planned Course: Every step of the stammerer's course is planned for the quickest results. Experience has taught us what is best, and each day's program is built upon the lines of greatest progress in a given time.

The instruction at the Bogue Institute is never given in an irregular way. There are no haphazard steps in this program—each activity accomplishes a desirable and necessary result. These are the factors that make for sure and rapid progress—and which insure that each day shall show advancement over the day before.

The instructions can readily be followed, because they are given in person by an interested and experienced teacher who is ready to answer all questions and not only TELL you but really SHOW you what to do and HOW to do it.

As soon as the stammerer enters the Bogue Institute his speech corrective course begins. The

ITS CAUSE AND CORRECTION

very first day he is taught to use a principle which establishes the first elements of fundamental speech control. Then gradually, day by day, as his course progresses, this control is strengthened—his faulty methods of speech production are eradicated and he is able to talk freely and easily without fear or hesitation—without any sign of stammering.

The faulty speech habits of the stammerer are eliminated, and in their place are established correct speech habits. Then he speaks easily and naturally—is free from stammering.

Daily Record of Progress: Beginning with the first day, a complete written record is kept of the student's progress. Each point on which the student makes progress is noted. If proper advancement is not made on any particular point, special effort is put forth to bring that point up to the standard which has been set. This makes it possible for the instructor to give necessary individual attention to each student, something which is absolutely essential in many cases.

No student is left to drift along in a class and permitted to work out his own salvation. The instructor is constantly at hand, giving advice,

STAMMERING

correcting faulty articulation and constantly aiding the stammerer in a hundred ways to be restored to normal speech as quickly as possible.

After receiving instruction for seven days, the student is subjected to his first progress test. After passing this examination satisfactorily, the student is permitted to take up other phases of the course we have planned for him.

How Long Does It Take? It is impossible to state definitely the exact length of time required to free any person from stammering or stuttering. Much depends upon the severity of the case, the physical condition of the stammerer and also upon his application to the instruction. The average student has remained with us from three to eight weeks. Everything possible is done for the stammerer's rapid advancement. Nothing is left undone on our part to establish speech coordination in the shortest possible time.

In no case is there a disposition to hurry a student beyond his ability to progress. Thoroughness comes first—*always*. But the quickness with which the student passes his first progress test greatly determines the speed with which he may

ITS CAUSE AND CORRECTION

proceed afterward. From this time until the completion of the course, additional progress tests are given at intervals, according to the needs of the case, until the Final Test indicates, fully, that a sound and normal condition has been established, and the speech difficulty removed.

CHAPTER VII

NORMAL SPEECH CANNOT BE ESTABLISHED BY MAIL

Almost daily letters are received from doctors, school teachers, and others asking for some suggestion or advice through correspondence, by which the inquirer may correct the defective speech of a patient, pupil or friend in whom he is interested.

Personal attendance at the Bogue Institute is necessary in order to have the Bogue Unit Method applied. The method cannot be imparted through correspondence. It is necessary for the person desiring to be restored to normal speech to be under our personal supervision and direction. Those who desire to obtain the benefits of the Bogue Unit Method must come to Indianapolis for that purpose. It can be imparted only from teacher to the stammerer, personally.

In years past there have been attempts from time to time to induce the stammerer to seek normal speech by correspondence methods. As pre-

ITS CAUSE AND CORRECTION

viously stated, I myself was the victim of one of these so-called "correspondence courses," and I know something about them from personal experience.

A stammerer yields to the mail order "specialist" usually because the "specialist" offers his "profound" knowledge at a low price. But the price is so low that serious, careful thinking on the subject would convince anyone that his money was buying only a few sheets of paper, but certainly *no* professional knowledge or experience.

Any so-called correspondence "stammering course" we have ever known anything about was not even as good as a book on elocution. Usually these "stammering courses" are written by some charlatan who is in business as a mail order man—selling trinkets as well as stammering courses—running a general correspondence school, not only giving a stammering course by correspondence, but also giving courses in "Hair Waving" and "How to Become a Detective."

It is needless for me to say that men of this type are in business, not to be helpful to the stammerer, but simply to extract money from the stammerer or stutterer.

There are two distinct differences between

STAMMERING

books which the stammerer may profitably read, and the "correspondence course" for which he pays. The "correspondence course" has been written by a man who knew little or nothing of the subject, and who offers a "course" for stammerers only because he said to himself: "There ought to be some easy money in this scheme."

Forthwith he sits down and writes a "course." Often he feels that it isn't necessary to have anything helpful in the course. Often these men do not even take the trouble to consult reliable books on the subject. They do not profess to know anything about stammering or stuttering, their cause or their correction. They simply sit down and write—and when they have the "course" written, they send it to the printer, have it printed and then split these printed sheets up into ten, or twenty, or fifty, or a hundred lessons—whatever their fancy may dictate, and offer them to stammerers.

They have no thought of the results—results to them mean nothing save the number of "courses" that can be sold. Whether the stammerer gets a single iota of good from his expenditure of money is one of the things in which the correspondence school stammering "specialist" is little concerned.

ITS CAUSE AND CORRECTION

The most that can be expected from the very best "correspondence course" for stammering is that the subscriber will receive information worth less than he should be able to receive from any authoritative book on elocution.

It is hopeless to try to correct stammering or stuttering by any method unless the instructor is completely experienced and equipped and it can succeed only through personal and direct instruction from instructor to student.

No stammerer should attempt to regain normal speech by a "correspondence course." When a decision has been made to have a speech disorder corrected, the sufferer should place himself under the personal guidance of a reputable institution, the past record of which merits his confidence.

"Correspondence courses" are not only a waste of money, a waste of time, but they finally leave the stammerer with the firmly founded belief that his trouble cannot be corrected, when, as a matter of fact, he may have a comparatively simple form of stammering or stuttering which could be quickly corrected by the proper institutional methods.

At no time should the stammerer resort to the use of any mechanical contrivance to aid him in

STAMMERING

speaking correctly. The cause of the trouble previously explained, is incoordination. Mechanical contrivances to hold the tongue in a certain position, elevate the palate or for any other purpose may be positively harmful and should be strictly avoided—always.

CHAPTER VIII

COOPERATION OF THE STAMMERER A NECESSITY

It is necessary, of course, that the Bogue instructors must have the full cooperation of the stammerer, just as a music teacher must have his pupil's cooperative and sincere efforts in order to become a pianist. Therefore, the stammerer must follow instructions carefully and faithfully.

No matter what caused your stammering, how old you are, how long you have stammered, how many attempts have been made to correct your stammering—no matter what you think about your case or whether you believe it can be corrected—if I have diagnosed your trouble and have assured you that it can be corrected, you can rely upon that assurance. It has back of it experience gained in the correction of stammering and stuttering for the past 38 years.

By the use of the Bogue Unit Method, the cause of your trouble can be eliminated at its very source, and normal coordination be reestablished between your brain and the muscles of speech, re-

STAMMERING

moving every trace of that "mental expectancy" which is commonly called "fear-of-failure."

Any person, even if not a stammerer, would become a much better equipped speaker under our instruction. He would vocalize more perfectly, enunciate more clearly, and more readily control the speech musculature than ever before. One can imagine, therefore, what it does for the stammerer, as it also gives him a new poise, a new sense of power, and a new confidence and assurance.

Special attention is given to the correction of the stammerer's "hard sounds," and he is taught the secret of ample breath supply, and how to apply the principles of vocalization, breath control, conservation and modulation. He is taught how to form vowel sounds, consonant sounds, or any combination thereof.

Furthermore, the stammerer is taught how to make full use of the resonant cavities of the vocal system to secure the musically ringing, psychologically compelling voice. He is taught tone values, with special reference to quality, force, time and pitch, finishing his course with work in which stress is laid upon the general vocal attitude, the dynamics of speech melody, rhythm, posture, movement and gesture.

ITS CAUSE AND CORRECTION

Most important, however, the stammerer is taught to make every word an easy word and every sound an easy sound. He is shown how to place his articulation under perfect control, how to make the formation of words an easy process involving no apparent mental effort or noticeable physical exertion.

He is shown how to talk without stammering—how to talk just as freely as any normal person who has never stammered. With his cooperation the stammerer may be assured of all these advantages gained through the application of the Bogue Unit Method, which has back of it a record of success in correcting all types of stammering and stuttering.

CHAPTER IX

RESULTS—LASTING AND PERMANENT

No one who stammers should put any faith in speech correction for his trouble unless the results are known to be permanent. Temporary relief is no relief at all and should be avoided, for it merely means disappointment, and waste of money.

A person who has followed the Bogue Unit Method according to instructions fully realizes that the secret of its success as far as permanency is concerned, lies in the fact that the basic cause of the trouble is removed. The wrong speaking methods are rooted out, and correct speaking methods are installed in their place. The *cause* of the stammering is entirely removed and the individual is able to speak any sound or combination of sounds without hesitation or repetition.

Once this process is completed and normal speech is established, the results are lasting, because the cause of the speech disorder no longer exists. You cannot stammer without a cause—everyone understands that.

ITS CAUSE AND CORRECTION

The proof of the permanency of the results is attested by the many letters from those who were here ten, twenty, thirty years ago. A woman who acquired normal speech at the Institute years ago writes: "At 14 I was a very bad stammerer. I then attended the Bogue Institute, where I was completely cured in a few weeks. I then secured a position as saleslady in one of our leading stores where I have been called upon to handle as many as one hundred sales in a single day. I have never stammered once. My cure has been absolutely perfect for the past ten years. It was certainly a lucky day that I walked into Mr. Bogue's office the first time."

Another excellent proof of the permanency of results, is the way in which former students have subsequently withstood tremendous mental and nervous strains. Many of our former students were in the World War, numbers of them right up in the front line where the fighting was stiffest and where the nervous and mental strain was terrific. Even under this test (which was enough to make a normal person become a stammerer—and many of them did) the solid foundation of the Bogue Unit Method held these former students to normal speech.

STAMMERING

One young man writes: "I completely regained my speech at the Bogue Institute in 1915. I enlisted in the army and was sent overseas in the spring of '18, and went through some of the hardest fighting the 42nd Division was in, that being the division I was transferred to, and am happy to say the speech trouble has never come back on me. I was wounded by a fragment of high explosive shell. One hit me under the right arm, fracturing two ribs. Another struck my shoulder and a piece ranged downward into my right lung, which now remains there. I developed tuberculosis in November, in all probability from exposure as much as the wound. I was evacuated to the U. S. early last winter and sent to this place, where I am rapidly regaining my health and expect to be discharged about September 1st.

"With all the hard experience I went through, stammering did not come back to me. I have never regretted the time I spent with your Institute, and I have only the highest words of praise for the work being done in the Bogue Institute."

Another severe test is an illness such as may have brought the trouble on in the first place. If the former stammerer, for instance, can undergo an attack of influenza or pneumonia and come out

ITS CAUSE AND CORRECTION

of it without speech impairment, it proves beyond all question of a doubt that the results are permanent.

For that reason, I wish to quote the letter of an Illinois boy, who says: "I am getting along fine with my speech. I am sure I will never stammer again. I was sick the week after Christmas with pneumonia but it did not bother me a bit."

Another young man says: "It is now nearly six months since I left the Institute and in that time I have not stammered a word. What do you think about that? It surely is fine. But you know that. I was in Chicago last week and visited friends and saw a doctor friend of mine who did not know that I have been away, so he just stood there and looked at me, and said, 'You are talking fine. How did you learn that?'"

"I told him and then talked to him for four hours and he said it was the best thing that had ever happened to me."

Another letter, this time from Honolulu and from a man who attended the Institute a number of years ago, says: "Just to let you know that I am still alive and enjoying life as I never have before. I have forgotten that I ever stammered. Sincere thanks to you."

STAMMERING

This young man is now an engineer in the employ of the United Shipping Board.

Some time ago I gave a public demonstration before a leading civic body, composed of more than three hundred business and professional men of Indianapolis. I was particularly complimented upon the splendid rostrum appearance of one of my former students, who delivered a short impromptu address in which she included the statement that nineteen years before, the Bogue Institute had been the means of freeing her from stammering.

These letters and the experiences they reflect, give the answer better than I can—because they are written by those who have tried and *know*—

That the stammerer can be restored to normal speech by the Bogue Unit Method.

CHAPTER X

THE BENEFITS OF NORMAL SPEECH

Freedom from stammering is indispensable if one is to possess buoyancy of mind and body. It is indispensable to the well-being of the nervous system, and to the normal functioning of the physical and mental processes.

The correction of stammering and stuttering is attended by a general mental and physical uplift. The alertness of the intellectual faculties is intensified. The mind becomes clearer, more decisive, more direct in its manner of approaching the object of thought, and altogether a masterful influence strengthens and enlarges the power to think.

I have often been consulted by parents whose speech-afflicted children remained stunted in their physical growth. That the children had not made normal progress mentally, frequently had not been noticed by the parents. How surprised they were when, after the speech disorder had been corrected, a more rapid growth took place, and the mental powers also showed marked improvement.

STAMMERING

Rapid and surprising improvement in school averages has been noted. Children who, as long as they stammered, had seemed to be absent-minded, lazy and totally disinterested, have been known to become keenly interested in school work and social activities, immediately after they secured relief from stammering. A new life seemed to open up before them, and they have gone forward with a new zest of living, which had heretofore been absent.

Many persons who have stammered or stuttered for any great length of time are subject to periods of deep despondency. The affliction heaps upon its victims so much embarrassment, ridicule and misery that life seems hardly worth the living. There is no hope of happiness, or success for the future. And so, when freedom from stammering is acquired, naturally, there is a drastic change in the personality of the former stammerer.

The depressed, careworn expression, common to many stammerers, the result of constant and continual worry for many years, gives place to a look of confidence and of cheerfulness. The old melancholy, awkward, self-conscious personality vanishes. In its place has come a new person—a

ITS CAUSE AND CORRECTION

radiant, healthy, happy personality. Life is no longer a burden—it is a glorious adventure.

The stammerer has become, in a few brief weeks, a joy to himself; a blessing to all who come in contact with him.

Immediate Improvement: The coordinated plan of instruction under the Bogue Unit Method gives the student self-control almost immediately and enables him to gain free speech with astonishing rapidity.

From the time the stammerer first comes under instruction he is encouraged, helped and cheered at every step. Every cultured and refining influence is brought to bear upon him. The social instincts are fostered and the student is made to realize the benefits of normal associations, so long denied.

The interests of each student are carefully studied, and the daily increasing self-confidence is utilized in every way. The graduate of the Bogue Institute goes out into the world with renewed confidence and correspondingly increased social and business efficiency.

Not an hour spent at the Bogue Institute is drudgery. To look upon the faces of the students

STAMMERING

is to realize that here is a place of cheer, hope and confidence. Many students regret the day of their departure after completing their recovery. They have spent the happiest weeks of their lives at the Bogue Institute, where they were born again to a new and happy existence.

Conscious of Improvement: One of the most remarkable things about the Bogue Unit Method is the promptness with which the process of speech recovery is begun. True, certain stubborn cases of long standing may require a considerable period for complete correction.

But the important thing is that the earnest student can realize a steady improvement right from the start—by the end of the very first day under our instruction. He can literally feel his speech improving day by day, from the time he takes his first lesson. Further, there is an immediate and noticeable improvement in his nervous condition, and also in his physical and mental state.

Before the student completes his work, he is thoroughly aware of the benefits which have been brought about. For, after he has met every progress test and has been examined on every phase

ITS CAUSE AND CORRECTION

and every principle of speech, he passes to a rigid Final Test.

In this test, more than ever before, he learns the full results of his efforts. He discovers that he can use his speech in any way that he desires—in any way that it will be necessary for him to use it in his future life. He finds himself able to produce any sound—labial, dental, lingual, nasal or palatal, or any combination of these sounds in any language. He finds every word now is an easy word, articulation is under perfect control and the formation of words is a process involving no apparent mental effort.

A young woman of 20 years was placed under our care by her mother. She stammered very badly and, at the time when her condition was at its worst, found it almost impossible to make herself understood. After five weeks of careful instruction, this young woman had no difficulty whatever in speaking, there was no “piling up of thoughts,” as she expressed her former condition, and her articulation was excellent.

A few days after she returned home, she wrote as follows: “I have been talking ever since I came home and have had no trouble whatever. I just love to talk and I believe I have said more

STAMMERING

in the last five days than in the whole last five years."

Additional Results: The Bogue Unit Method when earnestly followed by the student, does much more than eradicate stammering or stuttering. It puts the student in physical condition to *retain* the benefits which he has regained. It increases the weight of the underdeveloped student, stops all spasmodic or convulsive efforts of face, arms and limbs and usually increases by an inch or more what was formerly a flat and poorly developed chest.

A very bad case I observed at the Institute several years ago was a young man of 26. He not only stuttered but stammered very badly. He placed himself under my guidance for a period of a little more than six weeks. At the end of that time he found no difficulty in talking, nor were there any spasmodic movements of the facial muscles, as before.

In reporting some time later, he said: "When I left I tipped the scales at 20 pounds heavier than when I went to you. My folks are certainly pleased to hear me talk without the straining and strangling exertion I had before in trying to force

ITS CAUSE AND CORRECTION

my words out. Now they flow out nice and easy."

Many children, both boys and girls, are underdeveloped. This may have resulted from several causes, but it is frequently traceable to stammering or stuttering, at least indirectly. The Bogue Unit Method takes these children in a poor physical condition and while correcting the defect of speech, brings about a healthy physical development.

An Ohio woman reported excellent results in a letter which said: "I am glad to inform you that my son Allan since taking the treatment in June last, has not to my knowledge stammered once, for which we are all very grateful to the Bogue Method. I also wish to say that his physical condition is much improved and he has increased in weight about ten pounds."

Older persons are benefited physically quite as much as the younger persons. Regardless of the age of the student, increased vitality is quickly evident, the powers of endurance are multiplied and health is improved from every standpoint.

One man sent in an enthusiastic report in these words: "I am fine and healthy; the people down here say I don't look like the same person. I

STAMMERING

gained 17 pounds while I was out there. I am talking fine. My mother says I talk them nearly to death. I talk them all to bed at night, so they put out the light on me so I will go to bed and hush. I went down town Saturday night and the boys were sure glad to hear me talk without stammering."

Even this physical improvement is not unusual. Another man reports the change brought about in his condition as follows: "Just about two years ago I was one of the worst stammerers I know that ever was; it was simply awful. I could not speak a word without the most terrible stammering you ever heard. My parents were heartbroken over my condition, which grew worse all the time. I did not grow and develop like my brothers. My shoulders were stooped, my chest sunken—in fact, I was in a terrible condition. After staying with you for six weeks I came home and every one who knew me when I left was simply astonished at the improvement, not in my speech alone, but in my physical condition also. Am stronger and well now and I say it is a comfort to be able to talk like other boys."

This case is not an unusual one, however, for it is frequently found that the stammering child

ITS CAUSE AND CORRECTION

grows into a physically deficient man as a result of a speech impediment.

Concomitant with these physical betterments comes a changed mental attitude, whereby the former pessimistic outlook has been changed to an optimistic view of life. The former abnormal timidity of the student has been replaced by perfect confidence; the old unreasoning fear of failure is transformed into a feeling of supreme self-reliance; and the depressed, careworn expression which may once have marked the stammerer's countenance has given place to that of cheerfulness.

The weak and vacillating will now becomes strong and stable, and the stagnant mentality of the stammerer gives way to a vigorous, forceful, creative mental power. Mindwandering, or lack of ability to concentrate, is gone and in its place is an intense and well controlled power of concentration.

In addition to this, the nervousness which marked every movement of the stammerer has disappeared and the self-consciousness which made life a misery is replaced by a calm self-control, resulting in an entire self-forgetfulness, perfect poise and a feeling of self-possession.

STAMMERING

These benefits accrue gradually as our instruction progresses, but when, upon the completion of the course, perfect speech is finally restored, the results are fully evident. Normal speech is the crowning result of the proper methods—methods which eliminate the trouble at its source.

CHAPTER XI

NORMAL SPEECH IS A PRICELESS GIFT

There is no gift that can take the place of normal speech. It is beyond price—and the person who speaks freely after stammering for any great period of time would give all his possessions to avoid going back again to stammering.

But freedom-of-speech is more than a priceless gift—it is an everlasting investment. Should you ask: “Does it pay to be freed from stammering?” the answer could be nothing but “Yes”—and there is ample evidence to prove it.

One young man writes: “I have never enjoyed life as I have since I left the Institute, both in a business and social way. I am to get a 25% increase in my salary the first of the month, which is at least partially due to my wonderful perfection of speech.”

Does it pay —? Does a 25% increase in salary pay? Here is the case of a young woman who was about to lose her position because of her imperfection in speech—yet when she returned

STAMMERING

home after regaining freedom of speech at the Bogue Institute, she wrote: "I was very much surprised when I went down to the office yesterday to find that I was going to get my place back again. This morning, Mr. ——— told me that I was to get a $33\frac{1}{3}\%$ raise at the end of next week, so my stay with you has already begun to pay dividends."

Freedom-from-stammering *pays*—in dollars and cents. On a cold business basis, it is one of the best investments to be made. One man who attended here a few years ago was a fireman in a large factory, stoking boilers all day long. Today he is salesman—and the head salesman at that—for the same firm—he makes as much as the president of the firm. He works on commission—and he knows how to talk so as to sell.

Another man was section foreman when he took his course at the Bogue Institute. Today he is manager of one of a great chain of big retail stores and makes more in one day than he used to make in two weeks.

Another case is that of a young man from New York State, who gave up his position to come to the Bogue Institute to be freed from stammering. Six weeks later he went home. He met with a

ITS CAUSE AND CORRECTION

success surprise—was reemployed by his old employers—and he, too, was given a 25% increase in salary.

So, you see, freedom from stammering pays—pays splendidly and continuously for all the rest of one's life. It pays in satisfaction, in contentment, in happiness and ability to associate with others on a plane of speech equality.

It pays in better salaries and increased earning power—in opportunities opened and chances made possible that are closed to the one who stammers.

The world's successful men and women do not stammer. The happy, contented people do not stammer. The money-makers do not stumble and stick and stutter when they talk.

To be successful you must know how to talk. If you stammer today, make your plans to get out from under the handicap—remember that it will pay you and pay you well—in dollars as well as in better health and happiness.

CHAPTER XII

THE JOY AND PROFIT OF NORMAL SPEECH

If you stammer—if you are afraid to try to talk for fear you will fail—if you are nervous, self-conscious and retiring because of your stammering—then you must realize the *magic power* of normal speech and what it would mean to you.

Listen to this from a young woman who stammered, but who was set free from the affliction—and who knows: “The most wonderful thing has happened to me. What do you think it is? I have been cured of stammering. You have no idea how different it is to be able to talk. I just feel like I could fly, I’m so happy. Just think, I can talk. I’m so glad, so glad, so glad, it’s over. I just feel like jumping up and down and shouting and telling everybody about it. I never was so happy in my life—I never was so glad about anything as I am about this.”

That is the way she feels after being freed from stammering—after learning to talk freely and fluently without difficulty, hesitation or fear-of-failure.

ITS CAUSE AND CORRECTION

And here are the words of a young man who has just found his speech: "The Bogue Cure is marvelous. It is just like making a blind man see. It is remarkable. The sensation of being able to talk after stammering for twenty-five years is wonderful."

And another young woman—this time from Missouri: "That six weeks was the beginning of life for me. All my life I have had a dread of trying to speak which made life most unpleasant. I do not have it now—I love to meet people."

The joy of perfect speech ——

The wonderful exhilaration of being able to say anything you want to say whenever you want to say it, to whomsoever you desire to speak.

"I can talk"—that sums it all up. With that assurance comes the feeling of the innocent man freed from a long term in prison—the sense of completeness and wholeness and ability, the feeling that you are equal to others in every way, that you can compete with them and talk with them and associate with them on a plane of equality.

Such is the Joy of Perfect Speech!!

To know that the haunting *fear* is gone—that the shackles have fallen away—that the chains are broken.

STAMMERING

To know that you are free—delivered from bondage.

What a feeling—what a sensation ——

Living itself is worth while. Life means more. The sun shines brighter—the grass is greener—the flowers are more beautiful—friends and relatives seem closer, kinder and dearer than ever before.

The Joy of Perfect Speech!

No words can paint the picture, no tongue can describe the lofty feeling of elation which crowns the man or woman or the boy or girl who has stammered—and then who has been set free.

END

INDEX

A

- Abulia, 138
- Adenoids, 31
- Akbar, Emperor, experiment, 60
- Anatomy, author begins study of, 37
- Aphasia, case of, 134, 135 defined, 116 in stuttering, 116

B

- Bell, Alexander Melville, on outgrowing stammering, 103 on progressive tendency, 113 successful method of procedure, 230
- Benefits of Normal Speech, additional results, 272 conscious of improvement, 270 immediate improvement, 269
- Binet-Simon Intelligence Test, 147
- Brain, as controlling organ, 65 impulse improperly transmitted, 65

C

- Case Histories, Typical, basis of study, 169 combined stammering and stuttering in small boy, 171 concealed symptoms, 248, 249 concentration affected, 187 convulsive stammering, 186 disobedient, 217, 218 dissipater, 219, 220 German boy, 196 habitual alcoholic, 193, 194 intellectual progress retarded, 181 intermittent, 178 lackadaisical, 220 mild case of combined stammering and stuttering, 204 minister, 195 multiple thought, 271 nervous weakness, 177 physical improvement, 191

Case Histories—Continued

- Polish boy, 175, 176, 177 prefix stammerer, 203 procrastinator, 118, 215, 216 result of sickness, 174 salesmanship affected, 197, 198 seldom stammerer, 192 self-conscious type, 194 self-diagnosis incorrect, 226 severe nervous case, 193 severe spasmodic, 272 singer who stammered, 188 slowness of thought marked, 189 spasmodic stammering, 184 speechless, 274 symptoms of Thought Lapse, 181 synonym stammerer, 200 talked to animals, 199 thought lapse, 134, 185 unconscious imitation, 172, 173 wrong methods failed, 208, 209
- Class Training, Amount of, 242
- Cleft Palate, 45, 213
- Combined Stammering and Stuttering, defined, 46, 48

Conscious Imitation, 67

Contagious, 59

Coordination,

- cause of lack of, 66 illustration of lack of, 65 lack of, causes stammering, 65

Correspondence Courses,

- a waste of money, 257 not effective, 254

D

Defective Teeth, 45

Defective Utterance, 45

Deformity

(See *Organic Defect*)

Delay,

- loss occasioned by, 121

Diagnosis,

- defined, 225 importance, 225 need for, 229 what it should show, 228 written diagnosis valuable, 227

INDEX

Disease,
as cause of stammering, 67, 77
Disobedience,
prevents correction, 217
Despondency,
result of stammering, 135
Dissipation,
aggravant of stammering, 219
typical chronic case, 219, 220
Divine Healer,
author's experience with, 30

E

Education,
difficult for stammering child, 148
Electrical Treatments,
author's experience with, 29
Elocution,
author's experience with school
of, 26
book on, 255
Examination, Entrance,
an extra test, 247
at time of enrollment, 247
Exhilaration,
feeling of, when freed, 280, 281

F

Facial Contortions,
in spasmodic stammering, 54
in stuttering, 47
Facts,
need for, 222
Failures,
due to ignorance, 231, 232, 233
mail courses, 254
Fear,
mental, 84, 85, 86
physical, 84
Final Test, 253
Fright or Nerve-shock, 67, 71

G

Gulick, Dr. Luther M., 154

H

Habit of Success, 154
Harelip, 45, 213
Health,
Charles W. Kingsley on, 132
effect of stammering on, 131
Heredity,
not a cause of stammering, 58
Hesitative Stuttering,
defined, 47
Hirschberg, Dr. L. K.,
on outgrowing stammering, 108

How Children Learn to Talk, 60
How Voice Is Produced, 62
Hypnotism,
author's experience with, 27
not used, 242

I

Illness, 67, 77
Imagination, 233
Improvement,
conscious of, 270
immediate, 269
in physical condition, 272
Injury,
as cause of stammering, 67, 74
Insomnia, 98
Instruments,
dangerous in use, 257
Intermittent Tendency, The,
author's experience with, 11, 15
dangerous aspect, 94
dangers of, 97
period of improvement, 95
period of relapse, 95, 102

J

Jaw,
over-shot, 45
under-shot, 45

K

Kingsley, Charles W.,
effect of stammering, 127
effect of stammering on health,
132

L

Larynx, 62
Library of Books on Speech Cor-
rection, xi

M

Magnetic Healing,
author's experience with, 28
Mail Order Course,
a waste of money, 257
not effective, 254
Mechanical Contrivances,
may be harmful, 258
Mental Defectives,
few, 214
Mental Suggestion,
author's experience with, 27, 28
Methods,
additional results, 272

INDEX

Methods—Continued

- amount of class training daily, 242
 - author originates successful method, 39
 - author successfully applies method to himself, 39
 - author's experience with—
 - divine healer, 30
 - electrical treatments, 29
 - elocution, 26
 - hypnotism, 27
 - magnetic healing, 28
 - mail order course, 12
 - osteopathy, 30
 - physician, 7
 - professor, 25
 - rest method, 16
 - surgeon, 31
 - traveling medicine man, 8
 - Bell, Alexander Melville, on, 230
 - Bogue Unit Method, 240
 - carefully planned course, 250
 - class training, 242
 - correspondence course, 254
 - daily instruction, 243
 - daily record of progress, 251
 - educational instruction, 242
 - first steps in, 250
 - foundation of, 250
 - fundamental speech control
 - taught, 251
 - knowledge is power, 246
 - mail order, 254
 - mental and physical coordination, 243
 - mental benefits resulting from, 267
 - method described, 239
 - method three-fold, 236
 - permanency, 262
 - physical benefits resulting from, 267
 - reason for failures, 231
 - reasons for false beliefs, 206
 - scientific principles a requisite, 244
 - self instruction, not effective, 206
 - speech principles, fundamental, 234
 - successful procedure, 230
 - surgery, 232
 - three units of instruction, 240
 - wrong methods harmful, 18
- Mind,**
- a case of aphasia, 134
 - effect of stammering on, 134, 135
- Muller, Max,**
- linguistic scholar, 60

Muscular Contractions,

- in author's case, 13
- in convulsive stammering, 56
- in hesitative stuttering, 47
- in spasmodic stammering, 54
- severe case, 89, 90

N

Nasal Passages,

- growth in, 45

Nerve Shock,

- a result of stammering, 71, 72

Nervousness,

- caused by stammering, 141

Newton, Rev. David F.,

- on effects of stammering, 126

O

Organic Defects,

- cause defective speech, 213
- not cause of stammering, 45
- statistics on, 212
- typical case, 213

Osteopathy,

- author's experience with, 30

Outgrowing Stammering, On,

- absurd conclusions, 100
- Beil, Alexander Melville, on, 103
- chance for, after age 6, 104
- chance for, up to age 6, 104
- doctor's sound advice on, 111
- early advice given to author, 8
- gets worse each year, 109
- harmful advice, 100
- harmful doctrine, 109
- Hirschberg, Dr. L. K., on, 108
- no escape through outgrowing, 107
- origin of belief, 102
- reason for early belief in, 9
- reason for failure, 103
- seems to disappear, but doesn't, 105
- statistics of cases, 104
- why stammerers think they'll outgrow it, 101

P

Palate,

- cleft, 213

Parents,

- a talk with, 165

Peculiarities,

- acquired traits, 90
- sing without difficulty, 82, 83
- talk to animals, 16, 82

INDEX

Peculiarities—Continued
 talk when alone, 16, 82
 universal, 80
Philadelphia,
 author's experience in, 24
Physical Deformity,
(See Organic Defects)
Physician,
 author's experience with, 7
Pitch, variations, 62
Plan-of-attack, 250
Position,
 author seeks for, 20
Procrastinators,
 example of, 121
 typical case, 215
 willful, 214
Progress,
 concealed, 100
 daily record of, 251
 test to determine, 252
Progressive Tendency,
 concealed progress, 114
 manifested in author's case, 13
 periods of transition, 113
 usually present, 114

R

Recurrence, 95
Recurrent Tendency,
(See Intermittent Tendency)
Responsibility,
 of parents to child, 168
Rest Method,
 author's experience with, 16
Ridicule,
 author object of, 2

S

School,
 author's experience in, 2, 3, 4
Sickness, 67, 77
Source of First Words, 60
Spasmodic Movements,
 abnormal case, 89
 in author's case, 13
 in spasmodic stammering, 51, 54
 of face and body, 54
Speech,
 how produced, 63
 monetary value, 277, 278
 success value, 278, 279
 true principles constant, 24, 234
Speech Director,
 should have stammered, 233
Stage-fright, 84
Stammerers Not Wanted in Business, 258

Stammering,
 acquired, 58
 affects concentration, 136
 affects intellectual capacity, 125
 author studies many books on, 37
 author's first book on, x
 average age of acquirement, 58
 bars education, 153, 154
 basic causes of, 65
 causes nervous mental fear, 125
 causes nervousness, 141
 chronic advanced stage, 116
 compound stage, 116
 conscious imitation as cause, 67
 convulsive, 51, 56
 definition, 42, 46, 49
 despondency resulting from, 135
 effect on body, 123, 131
 effect on health, 131
 effect on intelligence, 123, 147
 effect on mind, 123, 134
 effect on nervous system, 123, 140
 effect on personality, 123, 156
 effect on will, 123, 137
 elementary, defined, 51, 52
 elementary stage, 116
 fright or nerve-shock as cause, 67, 71
 functional disorder, 44
 hesitant, 51
 illness as cause, 67, 77
 injury as cause, 67, 74
 Kingsley, Charles W., on effects, 127, 132
 Newton, Rev. David F., on effects of, 126
 not inherited, 58
 over-stimulation of speech organs, 65
 peculiarities of,
(See peculiarities)
 primary advanced stage, 116
 progress of, 116
 silent, 51, 55
 spasmodic, 51, 54
 spasmodic stage, 116, 117
 successive stages, 116
 suicides resulting from, 135
 unconscious imitation as cause, 67, 69
 under-stimulation of speech organs, 65
 weakening effects of, 29
Student,
 need his cooperation, 259
Stuttering,
 advanced phase, 114
 aphasia, 116
 average age of acquirement, 58

INDEX

- Stuttering—Continued**
 chronic stage, 115
 compound phase, 114
 definition, 42, 46
 hesitative, 47
 over-stimulation of speech or-
 gans, 65
 phases of, 114
 primary, 47
 progress of, 114
 progressive, 47
 simple phase, 114
 successive stages, 114
 under-stimulation of speech or-
 gans, 65
Subnormal Intellect, 214
Substitution of Words, 106
Suicides,
 ages of most frequent, in stam-
 merers, 135
Surgeon,
 author's experience with, 31
Surgery,
 period of popularity, 232
Synchronization,
 result of, 238
Synonym Stammerer, 106, 135
- T**
- Table**,
 author's experience at, 5
Teachers,
 experienced, 250
Test,
 final, 253
 progress, 252
Theories, English, x
Thought Lapse,
 case of, 134, 135
 defined, 116
Tied Tongue, 45
 typical case, 213
Time Required,
 how long, 252
- Tongue**,
 slitted or notched for relief, 232
Tonsils, Removal of
 advice on, 31
 recommended to author, 31
Transition, Period of, 113
Traveling Medicine Man,
 author's experience with, 8
Treatments,
 author's experience with electri-
 cal, 29
Turning Point in Author's Life, 39
Typical Cases,
 (See Case Histories, typical)
- U**
- Unconscious Imitation**, 67, 69
- V**
- Visitors**,
 author's dread of, 5
Vocal Cords,
 action of, 63
 how used in speech, 63, 64
 in production of voice, 64
 paralysis of, 45
Voice,
 how produced, 62
 organs used in producing, 63
Voice Box, 63
- W**
- What Causes Lack of Coordination**,
 66
Willfully Disobedient Cases, The,
 217
- Y**
- Youth**,
 period of most frequent suicide,
 135

